

# cottonmill

## Studio Timetable - December 2024 Onwards

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09:15 – 10:00 <b>Group Cycling</b> Karen	08:30 - 09:15 <b>*Body Conditioning*</b> Jack/Laszlo	07:30 – 08:15 <b>Group Cycling</b> Sara	09:15 – 10:00 <b>Pilates</b> Laszlo	09:15 - 10:00 <b>Body Sculpt</b> Jack	09:15 – 10:00 <b>Group Cycling</b> Sara
10:15 – 11:00 <b>Body Sculpt</b> Karen	09:30 - 10:15 <b>Pilates on the Ball</b> Laszlo	09:15 – 10:00 <b>Group Cycling</b> Laszlo	10:15 - 11:00 <b>Cross Core Rotational Training</b> Laszlo	10:15 - 11:00 <b>Disco Rhythm</b> Denny	10:15 – 11:00 <b>Body Sculpt</b> Jack
12:30 -13:15 <b>Body Sculpt</b> Alison	10:30 – 11:15 <b>Dance Fit</b> Denny	10:15 - 11:00 <b>Pilates on the Ball</b> Laszlo	11:30 - 12:30 <b>Yin Yoga Flow</b> Olivia	11:15 - 12:15 <b>Yoga Flow</b> Claire	11:15 – 12:15 <b>Pilates</b> Faye
13:45 - 14:45 <b>Vinyasa Flow Yoga</b> Emma	11:30 - 12:30 <b>Hatha Yoga</b> Marina	11:15 – 12:00 <b>Body Sculpt</b> Karen	13:15 - 14:00 <b>Body Sculpt</b> Katy	13:15 - 14:15 <b>Pilates</b> Katy	
15:00 – 16:00 <b>Pilates</b> Breege	14:00 – 15:00 <b>Pilates</b> Breege	17:30 – 18:15 <b>Cardio Boxing</b> Laszlo	18:00 – 18:45 <b>Group Cycling</b> Laszlo		<b>Sunday</b>
18:30 – 19:30 <b>Hatha Yoga</b> Filiz	17:45 – 18:30 <b>Pilates on the Ball</b> Laszlo	18:30 – 19:30 <b>Yoga Flow</b> Belle			09:15 - 10:00 <b>*TABATA *</b> Jack/Laszlo
	18:45 – 19:30 <b>Body Sculpt</b> Jack				10:15 - 11:15 <b>Yin Restorative Yoga</b> Claire

\*These classes may be held outdoors - weather permitting\*

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# Fitness - Studio Class Descriptions

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## *Speciality & Conditioning Classes*

### **Body Sculpt**

After a short aerobic style warm up you will start your primarily low impact muscle-toning session using free weights, resistance bands and your own body. This high-energy fun class is designed to provide you with a total body workout focusing on muscle tone and definition.

### **CrossCore Rotational Training**

CrossCore is the evolution of TRX that takes all the benefits of traditional bodyweight training exercises to a whole new level. The anchored pulley adds instability, rotation and dynamic tension to challenge the user's strength, core and balance while improving motor skills.

### **Core on the Ball**

Stability-ball exercises appear to activate most of the deep abdominal muscles while adding variety and whole-body integration to improve core strength and stamina.

## *High Intensity Classes*

### **Cardio Boxing**

This is a moderate to high intensity cardio workout, combining boxing techniques with body weight exercises giving you the ultimate whole-body workout. Shadow boxing, sparring and punch bag work are part of this highly motivating calorie burning fun session.

### **TABATA**

TABATA is an interval training workout for those wanting to develop a lean and strong physique. It is only 20 minutes to complete a workout, but the level of intensity pushes your body to the limit making it a highly effective one. Excellent catalyst for fat burning and improves glucose metabolism.

## *Community Classes*

### **Group Cycling**

Cycling is the perfect low impact highly effective cardio and strength workout. You will ride your bike to the beat of great music and burn up to 600 calories in a session. You will get your heart pumping and also work your glutes, calves, quads, hamstrings while lowering your body fat over time.

### **Dance Fit**

Choreographed dance fitness class designed to make you fit while enjoying different styles of street dance, hip-hop etc. This class brings the fun back to your workout with high energy dance moves and great music.

### **Disco Rhythm**

This is a must try with a great time and feel-good factor guaranteed. Easy to follow routines based on well-known tracks from the disco era and similar. Come enjoy the rhythm and dance to all your favourite old school tracks!

### **Dance Mix**

Dance Mix is a full body workout suitable for anyone looking to keep fit and have fun. Short choreographed, easy to follow sequences incorporating different styles of dance will have you burning the calories without even realising it! A great workout helping to increase strength, mobility and coordination and bring out your inner dancer!

## *Mind & Body Classes*

### **Vinyasa Flow Yoga**

Vinyasa Yoga (also referred to as Flow Yoga) is a form of yoga that links the breath, movement and poses together. This style of yoga is often seen as a more athletic practice. The pace is usually quicker, requiring the practitioner to focus inward, while synchronizing breath and movement.

### **Yin Yoga**

Yin yoga is a slow-paced style in which poses could be held for a few minutes or even longer. It is passive but challenging. The purpose is to apply moderate stress to the connective tissue - the tendons, fascia and ligaments - with the aim of increasing circulation in the joints and improving flexibility.

### **Yin Restorative Yoga**

Yin and Restorative Yoga session helps your body, mind and muscles to fully relax. During this practice, we hold restorative postures for up to 5 minutes to get into the deeper connective tissues and ligaments within the body. Combined with breathing exercises and mindfulness techniques, you will feel relaxed and rejuvenated after class.

### **Hatha Yoga**

A gently dynamic asana class based around posture practice, while delving into the subtle 'inner' practices of yoga that include breath work and yoga nidra, a guided meditation and a deep form of relaxation. In this class we explore how the beauty of yoga can help quieten the busy mind and encourage greater peace and happiness.

### **Pilates Mat**

Using specially designed moves, Pilates educates, realigns and balances your body. It increases core muscle strength while promoting coordination and flexibility. This class uses the concept of traditional Pilates and modern principles of exercise science and rehabilitation.

### **Pilates on the Ball**

Uses mostly traditional Pilates exercises performed on a Swill ball. By providing a soft, movable surface, core muscles are strengthened through their work to stabilize the body while performing exercises for abs, back, legs, arms and just about everything.