



NÀDARRA

SPA

Class Information

EXCLUSIVE MEMBERSHIP

Class Descriptions

INSTRUCTOR LED CLASSES

- **Yoga***: Blends balance, strength, flexibility and power in a fitness format.
- **Pilates***: Focuses on stabilising and strengthening core muscles, improving flexibility and correcting posture using your body weight.
- **Circuits**: A combination of six or more exercises performed with short rest periods between them for a set amount of time.
- **Hydro Circuits**: A circuit based class using water as resistance - ideal for low impact training.
- **Indoor Cycling Coach by Color®**: Enhances your indoor cycling experience by using five coloured training zones ensuring you're training at the right intensity for every workout, meaning you will achieve your results faster.
- **Indoor Cycling MyRide®**: The world's most advanced experience in group Indoor Cycling. Instructor led classes to high definition forward-motion video and music. Be transported to some of the most scenic routes from around the world in the comfort of our air-conditioned fitness studio.
- **Indoor Cycling**: Using a special stationary exercise bicycle with a weighted flywheel, you will be tested on speed and stamina.
- **Les Mills Body Pump™**: A barbell workout designed to get you lean, toned and fit. The combination of scientifically-backed moves, motivating instructors and great music helps you achieve much more than you would on your own.
- **Les Mills Body Attack™**: A high-energy class that combines athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.
- **Stretch Studio**: A stretch based class in a heated studio to assist the muscles with improving flexibility.

** £5 supplement per yoga and pilates class, increased discount for block bookings e.g. book five classes and get your sixth class free.*



myride

COACH BY
COLOR®

HITSTEP

LES MILLS



Class Descriptions

VIRTUAL CLASSES (GROUP CLASSES IN THE STUDIO)**

- **Les Mills Body Pump™:** A barbell workout designed to get you lean, toned and fit. The combination of scientifically-backed moves, motivating instructors and great music helps you achieve much more than you would on your own.
- **Les Mills Body Balance™:** A yoga-based class that will improve your mind, your body and your life. The session is accompanied by an inspiring soundtrack as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.
- **Les Mills Body Combat™:** Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 570 calories along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master.
- **Les Mills Barre™:** A modern version of classic balletic training; designed to shape and tone postural muscles, build core strength and allow you to escape the everyday. Incorporating classic ballet positions with modern music, Les Mills Barre is a combination of cardio and strength using very light weights.
- **Les Mills GRIT™:** A 30 minutes of high intensity interval training, developed by experts to deliver transformative results. It's the kind of workout that transcends your speed, your strength and your height.
- **Indoor Cycling MyRide Tour Coach:** A virtually led class by an immersive onscreen instructor taking you through amazing scenery whilst pushing you to your limits.

LES MILLS ON DEMAND (24/7 CLASSES TO ENJOY AT HOME)

- **Les Mills Body Pump™, Les Mills Body Balance™, Les Mills Body Attack™, Les Mills GRIT™, Les Mills Barre™, Les Mills Body Combat™:** See above for description.
- **Les Mills Sh'Bam™:** An ego-free zone, no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower. Even if you walk in thinking you can't, you'll walk out knowing you can.
- **Les Mills RPM™:** An indoor cycling workout where you control the intensity. Its fun, low impact and you can burn up to 500 calories a session. With great music pumping the instructor takes you on a journey of hill climbs, sprints and flat riding.
- **Les Mills CXWORX™:** A class that focusses on exercising muscles around the core, a stronger core makes you better at all things you do in everyday life and sports.
- **Les Mills Body Jam™:** The ultimate combination of music and dance. House, Hip-hop, Drum 'n' Bass, Trap, all styles of electronic dance music, it's the soul of BODYJAM.
- **Les Mills Body Step™:** A fun and uplifting full-body fitness class that mixes upbeat, rhythmic stepping with squat and lunge patterns to really work the legs.



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Class Timetable

	MORNING					AFTERNOON					EVENING	
MON	Indoor Cycling 07:00 – 07:30	Hydro Circuits 08:00 – 08:45	Virtual Class** 08:00 – 08:45	Les Mills Body Pump™ LES MILLS 09:30 – 10:00	Yoga* (Claudia) 10:45 – 12:00	Pilates* (Claudia) 12:15 – 13:15	Virtual Class** 13:45 – 14:30	Virtual Class** 14:45 – 15:45	Virtual Class** 16:00 – 17:00	Indoor Cycling Coach by Color® 17:15 – 18:00	Virtual Class** 18:30 – 19:30	
TUE	Body Conditioning 07:00 – 07:30	Hydro Circuits 08:00 – 08:30	Virtual Class** 08:00 – 08:45	Indoor Cycling MyRide® 09:00 – 09:30	Legs, Bums & Tums 10:15 – 11:00	Virtual Class** 11:30 – 12:30	Les Mills Body Pump™ LES MILLS 13:00 – 13:30	Virtual Class** 14:00 – 15:00	Virtual Class** 15:30 – 16:30	Les Mills Body Attack™ LES MILLS 17:45 – 18:15	Virtual Class** 18:30 – 19:30	
WED	Kettlebells 07:00 – 07:30	Hydro Circuits 08:00 – 08:30	Virtual Class** 08:00 – 08:45	Les Mills Body Pump™ LES MILLS 09:30 – 10:00	Yoga* (Claudia) 10:15 – 11:30	Pilates* (Claudia) 11:45 – 12:45	Indoor Cycling MyRide® 13:00 – 13:30	Virtual Class** 14:00 – 15:00	Virtual Class** 15:30 – 16:30	Indoor Cycling Coach by Color® 17:45 – 18:30	Virtual Class** 18:30 – 19:30	
THU	Body Conditioning 07:00 – 07:30	Hydro Circuits 08:00 – 08:30	Virtual Class** 08:00 – 08:45	Indoor Cycling 09:15 – 10:00	Barbell Blast 10:15 – 11:00	Yoga* (Brooke) 12:15 – 13:15	Indoor Cycling MyRide® 13:30 – 14:00	Virtual Class** 14:15 – 15:00	Virtual Class** 15:30 – 16:30	Les Mills Body Pump™ LES MILLS 17:30 – 18:00	Stretch Studio 18:15 – 18:45	
FRI	Circuits 07:00 – 07:30	Indoor Cycling MyRide® 08:15 – 08:45	Virtual Class** 09:00 – 10:00	Legs, Bums & Tums 10:15 – 11:00	Yoga* (Claudia) 11:15 – 12:30	Pilates* (Claudia) 12:45 – 13:45	Virtual Class** 14:00 – 14:45	Virtual Class** 15:00 – 16:00	Virtual Class** 16:15 – 17:00	Indoor Cycling MyRide® 17:45 – 18:15	Stretch Studio 18:15 – 18:45	
SAT	Virtual Class** 07:15 – 08:00	Body Conditioning 08:30 – 09:15	Indoor Cycling Coach by Color® 09:30 – 10:15	Guided Estate Walk 11:00 – 12:00	-	Virtual Class** 12:15 – 13:15	Virtual Class** 13:30 – 14:30	Virtual Class** 15:00 – 15:45	Virtual Class** 16:00 – 17:00	Indoor Cycling Coach by Color® 17:30 – 18:15	-	
SUN	Virtual Class** 07:15 – 08:00	Kettlebells 08:30 – 09:15	Indoor Cycling Coach by Color® 09:30 – 10:15	Guided Estate Walk 11:00 – 12:00	-	Virtual Class** 12:15 – 13:15	Virtual Class** 13:30 – 14:15	Virtual Class** 14:30 – 15:15	Virtual Class** 15:30 – 16:30	Virtual Class** 16:45 – 17:45	Virtual Class** 18:00 – 19:00	

*£5 supplement per yoga and pilates class, increased discount for block bookings e.g. book five classes and get your sixth class free. ** Les Mills Virtual Classes



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