

GROUP EXERCISE CLASSES

Choose from a wide range of Exercise Classes to suit every ability and every goal. Whether you want to lose weight, improve strength, relax or simply have fun with others, there's something for everyone

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
7:00-7:45am Spin Cycle	8:00-9:00am Pilates	7:00-7:45am Spin Cycle	9:30-10:30am Circuits	9:30-10:15am Spin Cycle	9:00-9:45am Circuits
9:30-10:30am Legs, Bums & Tums	9:30-10:30am Studio Pump	9:30-10:30am Legs, Bums & Tums	10:30-11:30am Pilates	10:45-11:30am Aqua Fit	10:00-11:00am Boxfit
10:45-11:30am Aqua Fit	6:30-7:15pm Mole Come Dancing	6:15-7:15pm Yoga	6:00-6:45pm Spin Cycle	6:00-6:45pm Mole Come Dancing	
		6:30-7:15pm Aqua Fit	7:00-7:45pm Circuits	7:00-7:45pm Stretch & Tone	

HOW TO BOOK

Book online via our members portal, call us on 01769 540561 (option4) or speak to a team member on reception



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CLASS DESCRIPTIONS

AQUA FIT

Combining aqua aerobics with strength and conditioning moves, a workout in the water will get your heart pumping without putting pressure on joints. Low resistance but high in impact, your revitalise muscles while being gentle on your joints.

MOLE COME DANCING

A lively dance fitness session incorporating a variety of styles, from Latin and Charleston to Disco! Guaranteed to keep you grinning and enjoying yourself throughout.

LEGS, BUMS & TUMS

Legs, bums, and tums is a full body aerobic workout that aims to tone up those flabby areas of your thighs, bum and stomach, great for those who want to improve their fitness levels.

SPIN CYCLE

Our Spin Cycle classes are a great way to have a vigorous workout, cycling to up-tempo music, means a solid workout of non-impact exercise. that will tighten up those legs and bums!

YOGA

You will work on basic poses and transitions between poses to build body awareness and confidence, increase flexibility, strength & co-ordination. Suitable for all practitioners from beginners to advanced.

CIRCUITS

Experience a dynamic workout that combines strength, cardio and flexibility exercises in rapid succession. Each circuit challenges different muscle groups ensuring a comprehensive full body workout. Unleash your potential and conquer fitness goals in every circuit.

BOXFIT

Boxfit is an exercise concept based on the training methods used by boxers. Sessions typically involve hitting focus pads, fitness drills and partner work. Great full body workout.

PILATES

Pilates lengthens and stretches all the major muscle groups in the body in a balanced fashion. It improves flexibility, strength, balance and body awareness.

STUDIO PUMP

Strength class is a full-body workout designed to help improve muscular strength. A range of bodyweight and weight-based exercises to get all the muscles in your body working and pumping.

STRETCH & TONE

A combination of conditioning exercises to improve mobility and strength with deep stretches to help lengthen muscles and prevent injury.



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