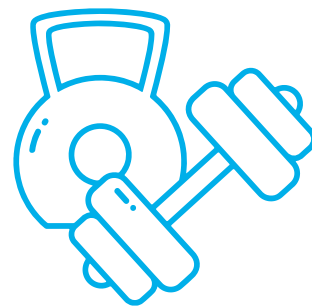


PERSONALISE YOUR *Fitness Journey*

Goal Setting



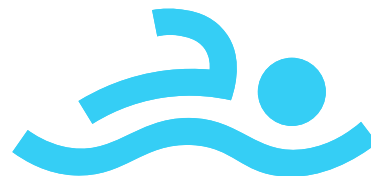
Classes



Personal Training



Wet Facilities



Kick start your fitness journey- Strong Start Package - £45

- 1x 45-minute Pt session (Includes goal setting & health check)
- 1x 45-minute Pt session
- 30-day plan
- Goal & health review.

CLASS *Descriptions*

SWEAT – SWEAT is a high energy, cardio-focused class designed to get your heart pumping and body moving. With minimal weights and maximum movement, this class emphasizes endurance, agility, and full-body conditioning to help you break a serious sweat.

FUNCTIONAL FITNESS – Is a strength and conditioning class designed to improve everyday movement patterns. By focusing on functional exercises that helps to enhance your strength, mobility, balance and endurance.

AQUA FIT – A water-based fitness class that uses the resistance of water for a low-impact, full-body workout. Great for all fitness levels, AQUA improves cardiovascular endurance, strength, and flexibility while being easy on the joints.

YOGA – A mindful practice combining breath, movement and meditation. Yoga improves flexibility, strength, and balance while reducing stress and promoting overall well-being.

PILATES - A low impact class focused on core strength, flexibility and total body control. Using breathwork, Pilates will enhance posture, stability and muscular endurance whilst promoting a strong mind-body connection.

BOOKING *Classes*

Our Membership Portal is an easy way to book in a fitness class.

Go to www.lagunahealthandspa.com/gym/online-class-booking/

Click 'Register' and this will take you through to create your Portal Profile – please remember to use the same details as you did when you signed up.

Once you have done this, it will take you to your profile, if you click 'Book a Group Activity', this will take you to a page with our classes.

Slots are bookable 7 days in advance. If you have any issues registering, please contact myself directly on 02920 111110 or by email sale@lagunahealthandspa.com

Please note: Aqua Fit classes take place Mondays, Wednesdays and Fridays 10:45am - 11:30am, during this time we ask that attendees are mindful of other guests & members. There are two designated lanes for swimmers only at all times.

LAGUNA HEALTH CLUB CLASS TIMETABLE

MONDAY

07:15-08:00	SWEAT
10:00-10:30	FUNCTIONAL FIT
10:45-11:30	AQUA FIT
12:00-12:45	YOGA
17:15-17:45	FUNCTIONAL FIT
17:45-18:15	LAGUNA CYCLE
18:30-19:15	PILATES

TUESDAY

07:15-08:00	LAGUNA CYCLE
17:45-18:30	SWEAT
18:30-19:15	YOGA

WEDNESDAY

07:15-08:00	SWEAT
10:00-10:30	FUNCTIONAL FIT
10:45-11:30	AQUA
17:45-18:15	LAGUNA CYCLE
18:30-19:15	PILATES

THURSDAY

07:15-08:00	LAGUNA CYCLE
12:00-12:45	YOGA
17:45-18:30	SWEAT
18:30-19:30	YOGA

FRIDAY

07:15-08:00	SWEAT
10:00-10:30	FUNCTIONAL FIT
10:45-11:30	AQUA
17:15-17:45	FUNCTIONAL FIT
18:00-18:45	PILATES

SATURDAY

09:30-10:15	LAGUNA CYCLE
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SUNDAY

09:30-10:15	SWEAT
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