

PRICELIST

Members (inclusive)

Residents £ 6.00

Non-Members £ 8.50

Non-Member Loyalty Card: Buy 9 classes get the 10th FREE

Members can book at Leisure reception, by telephone, email or online via the hotel website 7 days in advance of each class.

Non-members can book at Leisure reception or by telephone 5 days in advance of each class.

All classes must be paid for at Leisure reception prior to the class.

THE HEALTH & FITNESS CLUB
at Bedford Lodge Hotel & Spa

01638 666075

Bury Road, Newmarket, Suffolk CB8 7BX

fitness@bedfordlodgehotel.co.uk

WWW.BEDFORDLODGEHOTEL.CO.UK

GET ACTIVE

**SPRING INTO
SUMMER 2023**

**FITNESS
STUDIO
CLASSES**



**the health
& fitness club**
BEDFORD LODGE HOTEL

FITNESS STUDIO CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:15 - 09:00 Stretch & Mobility with Jay	08:00 - 09:00 Power Yoga with Lizzie		06:45 - 07:45 Spin with Jonny		
09:15 - 10:00 Aqua with Jay	09:15 - 10:15 Power Yoga with Lizzie	09:00 - 10:00 Fitness Pilates with Tasha	09:15 - 10:15 Barre with Lu	09:15 - 10:00 HIIT with Marilena	08:15 - 09:00 HIIT with Marilena
09:00 - 10:00 Fitness Pilates with Tasha		10:15 - 11:15 Dance Fit with Tasha	10:30 - 11:30 Gentle yoga with Lu	10:15 - 11:00 Aqua with Marilena	09:15 - 10:15 Yoga with Lizzie
10:15 - 11:15 Strengthen and Stretch with Tasha	11:00 - 12:00 Barre with Lu	11:30 - 12:30 Gentle Yoga with Charlotte	11:30 - 12:30 Barre with Lu	11:15 - 12:15 Yoga Fusion with Lu	10:30 - 11:30 Dance Fit with Tasha
11:30 - 12:30 Yoga Flow with Charlotte	12:00 - 13:00 Barre with Lu	11:30 - 12:15 Aqua with Maria			
17:15 - 18:00 HIIT with Jay		12:45 - 13:30 Low Impact Aerobics with Maria			
18:00 - 18:45 Spin with Jay	18:00 - 19:00 Pilates with Helen	18:00 - 19:00 Spin with Jonny	18:00 - 19:00 Greek Dance Fit with Marilena	18:00 - 18:45 Spin with Helen	
18:45 - 19:45 Pilates with Jay	19:10 - 19:55 LBT with Helen	19:15 - 20:15 Power Yoga with Lizzie		19:15 - 20:15 Pilates with Helen	

Cardio and Calorie Burning
Classes meant to raise your heart rate and burn calories.

Toning
Classes that work specific muscle groups to improve fitness.

Relaxation and Meditation
Lower intensity classes that realign body and mind.

Timetables will be reviewed periodically and classes may be subject to change without notice.

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