

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

**WINTER
TIMETABLE**

**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	08:15 - 09:00 Aerotone with Marie	08:15 - 09:00 HIIT with Connor
09:15 - 10:00 Aqua with Jay	09:15 - 10:15 Yoga Flow with Lizzie	09:00 - 10:00 Fitness Pilates with Tasha	09:15 - 10:15 Barre with Lu	09:15 - 10:15 Strength & Rhythm with Tasha	09:15 - 10:15 Yoga with Lizzie
09:00 - 10:00 Fitness Pilates with Tasha	10:15 - 11:00 HIIT with Connor	10:15 - 11:15 Dance Fit with Tasha	10:30 - 11:30 Yoga with Lu	10:15 - 11:15 Balance with Tasha	10:30 - 11:30 Dance Fit with Tasha
10:15 - 11:15 Strengthen and Stretch with Tasha		11:30 - 12:30 Gentle Yoga with Lizzie	11:00 - 11:45 Aqua with Helen	10:15 - 11:00 Aqua Dance Fit with Marilena	
11:30 - 12:30 Balance with Tasha		11:30 - 12:15 Aqua with Marie	11:30 - 12:30 Yoga Fusion with Lu		
17:15 - 18:00 HIIT with Helen	17:15 - 18:00 LBT with Helen	12:45 - 13:30 Aerotone with Marie		17:45 - 18:30 Spin with Helen	
18:00 - 18:45 Spin with Helen	18:00 - 19:00 Pilates with Helen	18:00 - 19:00 Spin with Jonny	17:15 - 18:00 Circuits with Marilena	18:30 - 19:30 Pilates with Helen	
18:45 - 19:45 Pilates with Helen		19:15 - 20:15 Power Yoga with Lizzie	18:00 - 19:00 Greek Dance Fit with Marilena		

**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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