



The Oaks Golf Club & Spa

CLASSES AT THE OAKS

The class you wish to attend must fall within your membership allocated hours and you can book onto class 1 week prior directly using the **TECHNOGYM** App



Not downloaded the app yet?
Scan the QR code

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	7:30AM - 8:15AM TOTAL TONE	9:15AM - 10:00AM AQUAFIT	9:30AM - 10:30AM YOGA	8:30AM - 9:30AM CIRCUITS
	9:00AM - 10:00AM TOTAL TONE		11:00AM - 12:00PM YOGA	9:45AM - 10:45AM CIRCUITS
	11:00AM - 1:00PM INDUCTIONS & PROGRAMMES			11:00AM - 12:00PM INDUCTIONS & PROGRAMMES
5:00PM - 6:30PM INDUCTIONS & PROGRAMMES		5:00PM - 6:15PM INDUCTIONS & PROGRAMMES		
6:30PM - 7:30PM TOTAL TONE		6:15PM - 7:15PM STRENGTH & COND		
7:30PM - 9:00PM INDUCTIONS & PROGRAMMES	6:00PM - 7:00PM YOGA	7:15PM - 9:00PM INDUCTIONS & PROGRAMMES		

LINDA
SOPHIE
CHARLOTTE
ABBIE
JILL

Aqua aerobics is a form of exercise which provides cardiovascular conditioning, increasing your pulse and your breathing rate. The buoyancy of the water reduces your weight on impact, resulting in much less strain on your muscles and joints.

Yoga is an ancient form of exercise that focuses on core strength, flexibility and breathing to boost physical and mental wellbeing and relaxation. Classes are taught to mixed Ability & Beginners are always welcome.

Total Tone is designed to target the upper and lower parts of the body and core, using a combination of bodyweight and weighted exercises to build muscle and burn calories.

Circuits are high energy and fast-paced and involve moving your way around different exercise stations performing each exercise as many times as you can in a set amount of time.

Strength & Conditioning includes cardio exercise, body weight and weighted exercises and finishes with isolated training on either abs, arms or glutes for a complete work out.