



The Oaks Golf Club & Spa

CLASSES AT THE OAKS

You may book onto 3 available complimentary classes per week and no more than 1 class per day. The classes you wish to attend must fall within your allocated membership hours and you must book directly using the Technogym app

LINDA	ABBIE
SOPHIE	JILL
CHARLOTTE	ANGELA

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



Not downloaded the app yet?
Scan the QR code

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 a full-body toning class designed to sculpt and strengthen muscles while improving overall endurance. Using a combination of light weights, resistance bands, and bodyweight exercises. Suitable for mixed abilities as you pick your own weights.

Circuits involves rotating through a variety of stations that combine cardio, strength, and functional exercises for a full-body workout. Each station is designed to challenge a different muscle group. work at your own pace with options to modify or intensify each move.

HIIT combines short bursts of intense exercise with brief recovery periods, a mix of cardio, strength and functional movements. this workout is designed to burn calories and improve cardiovascular fitness. Come prepared to sweat.

Gentle Strength & Core Confidence is a steady-paced class that focuses on gentle exercises designed to enhance balance, flexibility, and joint health while boosting overall well-being. With both seated and standing options available, this session is ideal for older adults, those just starting their fitness journey, recovering from injuries, or simply looking to stay active and build strength in a supportive environment.