



WELLNESS PROGRAMME

SPRING TIMETABLE 2025

FITNESS CLASSES

Strength & Conditioning

Slow Pace Strength is a controlled, strength-focused class using medium-to-heavy free weights and bodyweight exercises. With an emphasis on form, alignment, and progressive loading, you will build strength and stability at a steady, intentional pace.

Tempo Circuits

Tempo Circuits is a high-energy, mat-based class that combines bodyweight and light to medium free weights to sculpt, tone, and define muscles. Set to an upbeat rhythm, this session keeps you moving with controlled, dynamic exercises for a full-body burn.

Group PT

Join the Barnsgrove group fitness PT session for an opportunity to build strength and endurance in a small group setting. You will work on form and alignment with one of the Barnsgrove expert trainers in this fun, sweaty workout.

RockBox

RockBox is the fitness class with a difference!

The full body workout taking interval training to a whole new level!

A stress busting, therapy session for the body and mind.

Punch, kick, and smash sticks to classic and modern rock tunes! (air guitars included!)



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HOLISTIC CLASSES

Vinyasa Flow Yoga

Vinyasa Flow Yoga is a mindful practice linking breath to movement, improving flexibility and body awareness. With fluid sequences and deep stretches, this dynamic class will challenge you, elevate your heart rate, and leave you feeling balanced, refreshed, and strong.

Slow Flow Yoga

Slow Flow Yoga is a grounding practice that enhances flexibility and deepens stretches through slow, fluid movements. Designed to promote relaxation, balance, and calm, it's the perfect class for beginners.

Reset & Restore

A breath-led restorative yoga class designed to build warmth, enhance mobility, and promote deep relaxation. Expect mostly floor-based postures, ending with deeply restorative slower-paced poses to calm the body and mind.



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STUDIO CLASSES

Gentle Mat Pilates

A steady, slow-pace restorative class that focuses on controlled movements, core activation, and improved mobility. Perfect for all levels, it helps build strength, alignment, and flexibility while promoting relaxation and body awareness.

Sculpt Pilates

Sculpt Pilates is a fiery yet low-impact, mat-based workout that blends classic Pilates techniques with strength-focused movements to tone, lengthen, and define your muscles. This dynamic class targets the core, glutes, and arms for an intense full-body burn, leaving you feeling strong and sculpted.

Tone & Define Barre

Tone & Define Barre is a low-impact class that uses high-repetition barre exercises, bands, Pilates balls, and small free weights to sculpt and tone the core, legs, and glutes, helping to improve posture and creating a lean, defined physique.