

HARSPA

TIMETABLE

Classes are complimentary to members of HarSPA, available to book 7 days in advance.

Non-Members £5 per class, available to book 48 hours in advance.

Book by email stives.spa@harbourhotels.co.uk or by phone 01736 792945

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 STRONG BY ZUMBA Kylie 9.00am - 9.45am	 AQUA Kylie 8.45am - 9.30am	 ZUMBA Kylie 9.00am - 9.30am	 BODY TONE Kylie 9.00am - 9.45am	 BOOTCAMP Savannah 6.45am - 7.45am
 BOOTCAMP Savannah 6.00pm - 7.00pm	 CIRCUITS Savannah 6.00pm - 7.00pm	 LEGS, BUMS & TUMS Kylie 10.00am - 10.30am		 AQUA Kylie 8.45am - 9.30am
		 YOGA Lexi 6.00pm - 7.00pm		

CLASS DETAILS

ZUMBA: a fun, dance-fitness party set to high-energy Latin and international beats.

BOOTCAMP: group fitness sessions designed to suit all abilities and kick start your day in the best way. Using body weight movements performed at high intensity and weights for muscle tone and strength.

AQUA: water aerobics workout - tone and sculpt your body with no impact to your joints.

CIRCUITS: full body workout, moving through multiple stations. The stations will vary each week to ensure you always get a new challenging workout.

LEGS, BUMS & TUMS: a toning & conditioning workout.

YOGA: a gentle class building strength, balance, posture and alignment.

BODY TONE: full body conditioning and strengthening workout, improving functional strength, flexibility and co-ordination. It is also excellent for improving vital core strength.

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St Ives Harbour Hotel

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