

### Aqua Fit

Cardiovascular workout based in our pool using light resistances and water resistance. This class is very beneficial for recovering from an injury.

### Body Challenge

This session is suitable for all levels and will promote overall fitness. The workout is designed to burn fat, improve coordination, increase flexibility and tone the muscles of the arms, core, legs, tums and bums.

### Body Conditioning

A full body workout with a combination of resistance and cardiovascular exercises. This class will help improve toning.

### Boxercise

High energy workout! Boxercise is the best stress buster around and one of the most effective forms of cross training. Improve hand-eye co-ordination, balance and timing in this fun energetic class.

### Core Circuits

Another full body workout with a combination of resistance and cardiovascular exercises with the addition of core strengthening and abdominal exercises to achieve that desired shape.

### Abs

This class is for all levels and will help you strengthen your core and sculpt your abs. The only place you will get a spare tyre after this class is Kwik Fit.

### G-Circuits

This is a full body workout with a combination of resistance and cardiovascular exercises with the addition of the spin bikes to help you burn even more calories. This class will help you strengthen your core and sculpt your abs.

### Hatha Yoga

This class focuses on posture, flexibility, breathing and relaxation.

### Life Coach

A new and exciting class which combines physical activity with weight management and nutritional advice.

### Pilates

With small movement exercises and light challenging holding positions this class will help balance and flexibility as well as giving a full body workout.

### Power Walking

Walking at speed at the upper end of the natural range. Increasingly recommended as an alternative to jogging for low to moderate exercise regime.

### Shotokan

This martial arts class, teaching the karate art form for 16+. We also provide a family shotokan class for 5yrs+, where parents and guardians are able to participate.

### Spin

This class is more challenging than the beginners spin as your rest time is shorter and resistance is higher. This is a very intense and effective form of exercise for burning off calories.

### Step

Aerobic class which is suitable for all abilities, giving you a full body workout utilising a step.

### Titan Power Circuits

A power circuit class designed to improve muscle tone and encourage a full body workout.

### Yoga

Our yoga class is a system of exercise that develops a strong, flexible and healthy body, a relaxed and alert mind and a contented outlook on life.

### Zumba

Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

## CLUB OPENING TIMES

Monday – Friday 6.30am – 10pm

Saturday & Sunday 8am – 9pm

Last Entry 30mins prior to closing

### Adult Only Swim Times

Monday – Friday 6.30am-8am, 12.30pm-2pm & after 8pm

Saturday 8am-9am & after 8pm

Sunday 8am-10am & after 8pm

### Crèche Times

Monday 9.45am - 11.35am

Tuesday 9.45am - 11.40am

18.00pm - 19.55pm

Wednesday 9.45am - 11.40am

Thursday 9.45am - 11.40am

18.00pm - 19.55pm

Friday 9.45am - 11.40am

Available for children aged

6 months to pre-school.

Please ask at reception for further details.



### Booking Etiquette

- All classes must be registered on a first come first in basis. Registration can only be taken in person in class. For further details on registration of classes please ask at reception.
- Participant will not be allowed into classes, after they have started.
- Under 16's are prohibited from entering classes other than those specially designed for them.

### Class Etiquette

- Please consult your doctor before attending any of the classes and inform your instructor of any relevant conditions.
- Please ensure that you wear the correct clothing for exercise. NO black soled shoes. NO trousers or jeans.

Please consult the leisure team if you have any queries regarding the classes or class schedule.

Please note that we reserve the right to remove classes where numbers fall below 6 persons.

# Bowfield

HOTEL & COUNTRY CLUB



Bowfield Hotel & Country Club  
Howwood Renfrewshire PA9 1DZ

Phone: 01505 705225

e-mail: enquiries@bowfieldcountryclub.co.uk

## Class Schedule

FROM OCTOBER 2010

## MONDAY

<b>Step</b> Jackie	<b>10:00-11:00</b> Studio
<b>Aqua Fit</b> Zoe	<b>9:00-10:00</b> Swimming Pool
<b>Hatha Yoga</b> Janice	<b>13:00-14:00</b> Studio
<b>Core Circuits</b> Gym Team	<b>17:55-18:55</b> Studio
<b>Body Challenge</b> Susannah	<b>19:00-20:00</b> Studio
<b>Spin/Abs</b> Gym Team	<b>20:15-21:15</b> Studio

## TUESDAY

<b>Pilates</b> Sheena	<b>10:00-11:00</b> Studio
<b>Body Conditioning</b> Alayna	<b>18:15-19:15</b> Studio
<b>Boxercise</b> Hugh	<b>19:30-20:20</b> Studio
<b>Spin/Abs</b> Gym Team	<b>20:30-21:30</b> Studio

## WEDNESDAY

<b>Aqua Fit</b> Alayna	<b>9:15-10:00</b> Swimming Pool
<b>Power Walking</b> Jackie	<b>11:00-12:00</b> Outdoors
<b>Yoga</b> Laura-Jane	<b>10:00-11:30</b> Studio
<b>Shotokan (Family)</b> Colin	<b>17:30-18:30</b> Studio
<b>Life Coach</b> Chris	<b>18:15-19:15</b> Small Studio
<b>Body Challenge</b> Susannah	<b>18:30-19:30</b> Studio
<b>Titan Power Circuits</b> Hugh	<b>19:35-20:25</b> Studio
<b>Pilates</b> Sheena	<b>20:00-21:00</b> Small Studio

## THURSDAY

<b>Step</b> Jackie	<b>10:00-11:00</b> Studio
<b>Pilates</b> Sheena	<b>11:15-12:15</b> Studio
<b>G-Circuits</b> Gym Team	<b>18:00-19:00</b> Studio
<b>Zumba</b> Susannah	<b>19:10-20:10</b> Studio
<b>Hatha Yoga</b> Janice	<b>20:15-21:45</b> Studio

## FRIDAY

<b>Zumba</b> Jackie	<b>9:45-10:30</b> Studio
<b>Aqua Fit</b> Rona	<b>10:00-10:45</b> Swimming Pool
<b>Core Circuits</b> Gym Team	<b>18:00-18:45</b> Studio
<b>Shotokan (Adult)</b> Colin	<b>19:00-21:00</b> Squash Court
<b>Spin</b> Gym Team	<b>19:05-19:50</b> Studio

## SATURDAY

<b>Shotokan (Family)</b> Colin	<b>09:30-10:30</b> Studio
<b>Hatha Yoga</b> Janice	<b>10:30-12:00</b> Studio
<b>Spin</b> Gym Team	<b>15:00-15:45</b> Studio

