

Mind & body

Yoga

Yoga is a mindful form of exercise that uses the practise of Asanas (postures) to remove tension from the body, increase flexibility and posture, lengthen muscles and deepen the sense of the spine. All classes include a final relaxation.

Hatha and Classical Hatha Yoga

A slow paced class, this is a good place to learn basic poses, relaxation techniques and become comfortable with Yoga, including an emphasis on the movement of Prana (energy) through the body.

Dynamic Yoga

Based on the traditional Ashtanga system, Dynamic Yoga is a mindful movement class that links Asanas with the breath in a powerful Vinyasa (flow) style.

Iyengar Yoga

B.K.S Iyengar's innovative style of Yoga places a particular focus on alignment with additional use of props such as blocks, blankets and belts to help adjust and support the body.

Sivananda Yoga

Swami Sivananda's system consists of a sequence of twelve Asanas carefully selected to regulate internal organs. Often, there is an emphasis on breathing exercises and the use of inverted postures.

Pilates

Pilates offers exercises to improve both strength and mobility. Focusing on strengthening the 'powerhouse': the abdomen, lower back, hips and buttocks, Pilates also helps tone the core and pelvic floor muscles and may be used for corrective and preventative postural purposes.

Flow Pilates

A Pilates class blended with strong fluid ballet moves to strengthen, elongate and tone the body. More challenging than a regular Pilates class due to the flowing movement.

Pilates/Yoga Induction

A 30-minute induction with an instructor helps you to understand the principles of Pilates or Yoga and fast track you into the classes. Suitable for anyone who has not tried Pilates or Yoga before and to aid you in gaining the maximum benefit from the classes. You can take one session or as many as you require until you are ready to integrate into the classes.

Tai Chi

An ancient internal martial art, best described as a moving form of yoga combined with meditation. Tai Chi can be practiced for health, relaxation and ultimately it is an excellent form of self-defence.

Cardio & fitness

Body Sculpt/Sleek & Toned

A weight loss class that goes back to basics. Similar to Body Pump, by using traditional weight techniques, this class enables you to achieve extra muscle tone to help re-shape your body. Suitable for everyone.

Fighting Fit

Punch and move your way to the perfect physique and ultimate fitness in this non-contact, high-energy aerobic class. A fun workout that is suitable for all abilities and levels of fitness.

Boxercise

Boxercise is one of the most effective forms of cross training available. It combines the use of both aerobic and anaerobic energy systems. The class combines a diverse workout, enhancing sports specific senses, hand and eye co-ordination, balance and timing.

Studio Cycling

This class involves high cadence riding with performance visualisation in a class-like environment. It is the perfect exercise for people who are looking for a more efficient and fun way to get into shape. You can burn between 400-500 calories per class! Everyone can ride a bike no co-ordination required!

Body Pump

It's the fastest way to shape up and lose body fat. Body Pump is a toning and conditioning class with weights and is for just about everybody. It's perfect for both men and women who want to add strength training into their workout. Hot sound and compelling choreography keep you going through each 45-minute to one-hour class.

Fitball

This class is a fun and challenging workout using stability balls as the primary focus. The class will consist of a variety of upper and lower body exercises with a strong focus on core strength and toning. It's a great whole body workout and is suitable for all levels.

Aqua

These popular water based classes are an effective and fun workout using resistance of the water to give you both an aerobic and conditioning workout. Mitts, flexi-beam and dumbbells are used to increase the intensity of your workout. It's a great whole body workout and is suitable for all levels of fitness, including anti/post natal or those with an injury.



class timetable

Club opening times

Monday - Thursday:	06.30 - 22.00
Friday:	06.30 - 21.00
Saturday:	07.00 - 20.00
Sunday:	07.00 - 21.00

Call 020 8332 1010
rec.cedars@foliohotels.com

Richmond Hill Richmond Surrey TW10 6RW



Cedars
Health & Leisure Club

Winter

Winter timetable

Studio

Day	Time	Class	Level	Instructor	
Monday	09.30 - 10.30	Pilates	1/2	Jenny	
	10.30 - 11.30	Body Conditioning	G	Jenny	
	11.30 - 12.30	Pilates	1	Jenny	
	17.00 - 18.00	Iyengar Yoga (B)	G	Ann	
	19.00 - 20.00	Legs Tums & Bums	G	Pimm	
	20.00 - 21.00	Fighting Fit	G	Joe	
Tuesday	08.30 - 09.30	Iyengar Yoga (B)	G	Ann	
	09.30 - 10.30	Sleek & Toned	I	Tracie	
	10.30 - 11.30	Body Sculpt	G	Mark	
	11.30 - 12.30	Pilates (B)	1/2	Caroline	
	12.30 - 13.00	Pilates Induction - Please book at reception			
	14.00 - 15.00	Iyengar Yoga (B)	I/A	Ann	
	NEW! 18.30 - 19.30	Latin Moves	G	Carolina	
	NEW! 19.30 - 20.00	Abdominals Only	G	Chris	
	NEW! 20.00 - 21.00	Body Pump	G	Hazel	
Wednesday	09.00 - 09.30	Yoga Induction - Please book at reception			
	09.30 - 10.30	Iyengar Yoga (B)	G	Ann	
	10.30 - 11.30	Aerobics	I	Sarah	
	11.30 - 12.30	Body Pump	G	Naomi	
	18.30 - 19.30	Body Pump	I	Tara	
	19.30 - 20.30	Hatha Yoga	G	Antonelo/Tina	
Thursday	08.30 - 09.30	Hatha Yoga (B)	I	Chris	
	09.30 - 10.30	Body Fusion	G	Ben	
	10.30 - 11.30	Flow Pilates	1/2	Carolan	
	12.30 - 13.45	Classical Hatha Yoga	I	Tina	
	18.45 - 19.45	Pilates	G	Caroline	
	20.00 - 21.00	Fighting Fit	G	Joe	
Friday	09.15 - 10.30	Hatha Yoga (B)	G	Kirsty	
	10.30 - 11.30	High Low Aerobics	G/I	Sarah	
	11.30 - 12.30	Pilates	1/2	Caroline	
	17.15 - 18.30	Iyengar Yoga (B)	G	Ann	
	NEW! 18.30 - 20.00	Simply Dancing	B		
Saturday	08.45 - 10.00	Dynamic Hatha Yoga	G/I	Tina	
	10.00 - 11.00	Legs Tums & Bums	G	Jenny	
	11.00 - 12.00	Aerobics	I	Jenny	
	12.00 - 13.00	Fighting Fit	G	Joe	
Sunday	09.00 - 10.00	Tai Chi	G	Andi	
	10.00 - 11.00	Body Conditioning	G	Jenny	
	11.00 - 12.00	Body Pump	G	Carolina	
	12.15 - 13.15	Pilates	1	Erika	
	18.00 - 19.15	Sivananda Yoga	G	Steve	

Studio cycling

Day	Time	Class	Level	Instructor
Monday	09.30 - 10.15	Studio Cycling (B)	G	Fitness
	18.45 - 19.30	Studio Cycling	G	Fitness
Tuesday	07.15 - 08.00	Studio Cycling	G	Fitness
	09.30 - 10.15	Studio Cycling	G	Fitness
	18.45 - 19.30	Studio Cycling	G	Fitness
Wednesday	10.30 - 11.15	Studio Cycling	G	Fitness
	18.45 - 19.30	Studio Cycling	G	Fitness
Thursday	09.30 - 10.30	Studio Cycling (B)	G	Fitness
	18.15 - 19.00	Studio Cycling	B	Fitness
Friday	10.30 - 11.30	Studio Cycling (B)	G	Fitness
Saturday	10.00 - 10.45	Studio Cycling (B)	G	Fitness
Sunday	10.15 - 11.00	Studio Cycling	G	Fitness

Pool

Day	Time	Class	Level	Instructor
Monday	12.30 - 13.15	Aqua	G	Alice
	19.45 - 20.30	Aqua	G	Janette
Wednesday	09.15 - 10.00	Aqua	G	Alice
	19.15 - 20.00	Aqua	G	Stuart
Friday	12.45 - 13.30	Aqua	G	Stuart

Key

Pilates level 1 - beginners to intermediate
 Pilates level 2/3 - intermediate to advanced
 B - Beginner level, suitable to those new to exercise
 G* - General level, suitable for everyone
 I - Intermediate level, suitable for those accustomed to exercise
 A - Advanced level, suitable for those wanting a challenge
 (B) - Bookable class, can be booked 6 days in advance at reception or by phone

**Please note, before attending any General level Pilates or Yoga, members should have had previous experience or have completed an induction session see timetable description.*

NEW this month

Pilates and Yoga 30-minute induction session ONLY £15!

Coming soon!

Ann Riley will be running a series of workshops in Iyengar Yoga

Steve Coleman will be running a 6-week course in Kettle Bell Training

Men's Pilates 4-week course £40

Simply Dancing Partners is coming to Richmond

Established three years ago in Central London, Simply Dancing Partners is now starting a class at Cedars. Our unique style is to provide a team of professional dance partners so that there are always equal numbers of men and women. This enables you to learn to dance confidently as your partner already knows how to dance. Couples who want to learn to dance together are also welcome.

This is a one and a half hour taster class costing £50 per couple or £45 per single person. If you wish to continue, the balance of the five remaining lessons will be due immediately. This will be £225 for each couple and £250 for each single person.

Important - please read

Please be aware of class levels & attend level suited to your ability
 Please turn up on time for all classes due to health & safety the instructor may refuse entry
 Bags and coats etc. must be stored in the changing room lockers provided
 Ensure that your footwear & clothing is appropriate for the activities being undertaken
 Please inform the instructor of any injuries, medical problems, or pregnancy prior to the class commencing

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