



## **Manor of Groves**

Telephone: 01279 603544  
Email: [gymrec@manorofgroves.co.uk](mailto:gymrec@manorofgroves.co.uk)

### **Children's Swim**

Monday to Friday 3:00pm – 5:30pm

Saturday and Sunday 10:00am – 12:00pm & 3:00pm – 5:30pm

Bank Holiday 10:00am – 12:00pm & 3:00pm – 5:30pm

**Children under 14 MUST be accompanied by an adult in the pool.  
Children 14-16 may be unsupervised in the pool but need to be  
accompanied by an adult.**

### **External Pool Users**

#### **Splash Stars Swim School**

Monday, Tuesday, Wednesday and Thursday 4:00pm - 5:30pm

**Forest Park Swimming Club**  
Friday 4:00 pm – 5:30 pm

**Rivers Physiotherapy**  
Tuesday 11:30am - 1:30pm

**A single swim lane will operate during Aqua, Rivers, Forest Park &  
Slash Stars Swim lessons.**



## **Membership options**

You have two options regarding payments. Monthly direct debit or a one-off annual payment at a reduced cost.

### **Gold membership**

£65.00 a month or Joint £110. Annual £715, Joint £1,210

Usage hours. Monday – Friday 6.30am-10.00pm weekends 7.30am – 9pm

2 guest passes a month.

### **Silver membership**

£55.00 a month or Joint £95. Annual £605, Joint £1,100

Usage hours Monday – Friday 6.30am-5pm

1 guest pass a month.

### **Bronze membership**

#### **£20 joining fee.**

£42.50 a month. Annual £467.50

Usage Hours Monday-Friday 8.30 am-1.00pm

No joint discount available or guest passes.

Please contact us for further information on corporate membership.

### **Membership rates are fully inclusive and include:**

**Full use of our 2 Tier Gym and cycle floor**

**Group exercise classes**

**Swimming pool, Sauna, Steam Room, and Jacuzzi**

**FREE gym induction**

**Discounts in the Hotel and Golf**

**20% off beauty treatments.**

**FREE parking**

**Free Body scan-reads your body composition. Keep track in the club or via your own personal email.**

**Priority booking 7 days in advance & check in via an App for contactless entry.**

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**Aqua** – A fun aerobic workout to music in the pool. This class is also suitable for non-swimmers, those during a problem-free pregnancy or for those with joint problems or injuries to provide a fun & effective workout in the water

**Ballet Fit** – This class mixes elements of Pilates, Dance & Yoga, perfect for your overall well-being. This class focuses on targeting specific muscles and improving balance and coordination. Moves will be taught with and without a bar, including floor work.

**Body Conditioning** - A full body workout using free weights, body-bars, and own body weight. This class is designed to burn body fat whilst toning and shaping every muscle! All fitness abilities welcome!

**Strength and Conditioning** – A wide range of exercises developed to build a variety of skills with a focus on mind, mobility, stability, strength, endurance, power, speed, agility, and performance.

**Group Cycle – (Top Floor Gym)** Group Cycling is a high intensity form of endurance training, ideal for improving lower body strength, burning calories, and increasing cardiovascular fitness.

**Yoga** – Yoga focuses on gentle and basic stretches. Exercise at your own comfort and capabilities, making it a highly adaptable class suitable for all

**Yin Yoga** - Consists of a series of long-held, passive floor poses that mainly work the lower part of the body – the hips, pelvis, inner thighs, lower spine. Beneficial for connective Tissue

**Flow** - A mixture of meditation, breath-work and energizing movement. Gentler movements to warm up the body, then move into progressively more challenging flowing sequences.

**Hiit** – High-intensity interval training. Cardiovascular exercise, alternating short periods of intense anaerobic exercise with less intense recovery periods.

**LBT** – A fun aerobic workout combined with toning exercises to target those stubborn muscle groups and to also improve the toning of core muscles in your legs, bum, and tum. Suitable for everyone!

**Head to Toe** – A gentle class which involves no jumping and no equipment! Suitable for everyone. Similar to Yoga and Pilates.

**Vinyasa Yoga** – Improves your strength and flexibility. Vinyasa yoga is a creative form of yoga where poses are linked together with a flowing sequence.

**Fitness Pilates** - Adapts and modifies the exercises of traditional Pilates to provide a challenging yet enjoyable class. Mat based and standing exercises, the class is designed to strengthen the body, with particular focus on building core strength to help improve posture, balance, and stability.

**Pilates** – The Pilates technique is an excellent method to gently develop deep postural muscle strength & toning. Pilates is beneficial for general fitness, specific health conditions and most of all for your overall well-being. With different levels of progression, for everyone to benefit.

**Stretch and Relax**– A sequence of yoga movements aimed at stretching and working muscles to increase strength and flexibility of the body. Finishing off with a relaxing meditation

**Barbell Blast** – A resistance training workout, suitable for all abilities. This class will build full body strength, shape, and define muscles using barbells and dumbbells to upbeat music.

**Pure Abs** - Concentrates on strengthening your core muscles with crunches, sit-ups, planks, mountain climbers and much more.

**Dynamic Pilates** – Places more emphasis on developing balance and flow for a wider range of exercises. A more varied fast paced workout.

**Tone and Relax** – This is a feel-good, high-energy class with a variety of choreographed moves to motivating music. A complete body burn and tone.

**Legend:**

High Intensity	Moderate Intensity	Balance and Stability	Pool Based
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Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
07:20 Glutes Legs Core Studio	Nicky	06:45 07:30	Weighted Circuit Studio	Nicky	07:35 08:20	Weighted Grcuit Studio	Nicky	06:45 07:45	Weighted Circuit Studio	Nicky	06:45 07:30	Box Fit Studio	Stuart	08:30 09:30	HILT Studio	Lara	
08:05 Mind and Body Studio	Nicky	07:35 08:20	Box Fit Studio	Nicky	08:30 09:15	Pilates Studio	Fiona	08:30 09:15	Yoga Flow Studio	Fiona	07:35 08:20	Weighted Grcuit Studio	Stuart	09:00 09:30	Group Cycle Spin	Nicky	
09:15 Body Conditioning Studio	Lara	08:25 09:10	Pilates Studio	Karen	09:15 10:00	Ballet-Fit Studio	Fiona	09:15 10:00	Pilates Studio	Fiona	08:30 09:15	Pilates Studio	Fiona	09:00 09:45	Aqua Pool	Karen	
09:30 Aqua Pool	Nicky	09:15 10:15	LBT Studio	Sarah L	09:30 10:15	Aqua Pool	Karen	09:30 10:15	Aqua Pool	Pippa	08:30 09:15	Group Cycle Spin	Nicky	09:45 10:30	Weighted Circuit Studio	Nicky	
10:15 Group Cycle Spin	Lara	09:30 10:15	Aqua Pool	Karen	10:00 10:45	Sculpt Studio	Lara	10:30 11:30	Tone and Relax Studio	Sarah L	09:15 10:00	LBT Studio	Fiona	11:00 12:00	Dynamic Pilates Studio	Lara	
10:15 Sculpt Studio	Fiona	10:30 11:00	Group Cycle Spin	Sarah L	11:15 12:15	Pilates Studio	Veronika	11:00 11:45	Aqua Pool	Pippa	09:30 10:15	Aqua Pool	Nicky	14:00 15:00	HILT Studio	Drayk	
11:15 Pilates Studio	Fiona	11:30 12:00	Yoga Flow Studio	Karen	12:25 13:25	Pilates Studio	Veronika	11:45 12:45	Yoga Studio	Laura	10:05 11:00	Yoga Studio	Fiona				
11:30 Aqua Pool	Sarah K	12:00 12:45	Dynamic Pilates Studio	Lara	13:30 14:15	Strength & Conditioning Studio	Brandon	12:50 13:50	Yoga Studio	Laura	11:30 12:15	Strength & Conditioning Studio	Lara	09:00 10:00	Body Conditioning Studio	Cara	
12:10 Pilates Studio	Fiona	18:15 19:05	Body Conditioning Studio	Cara	18:20 19:20	Barbell Blast Studio	Brandon	18:00 18:45	Barbell Blast Studio	Brandon	18:00 19:00	Strength & Conditioning Studio	Cara	09:00 09:30	Group Cycle Spin	Nicky	
12:55 Group Cycle Spin	Sarah L	19:20 20:15	Fitness Pilates Studio	Hannah	19:00 19:30	Group Cycle Spin	Sarah L	18:45 19:15	Core Conditioning Studio	Karen	19:00 20:00	Body Burn Studio	Drayk	10:15 11:15	Yoga Flow Studio	Paula	
18:00 Spin	Sarah L	20:15 21:00	Pure Abs Studio	Brandon	19:30 20:15	Vin Yin Yoga Studio	Elysia	19:15 20:25	Vinyasa Yoga Studio	Laura				11:15 12:15	Yoga Studio	Paula	
18:25 Aqua Pool	Karen				19:30 20:15	Aqua Pool	Pippa										
18:30 Aerobics Studio	Sarah L																
19:30 Pilates Studio	Karen																
19:35 Pool Based																	
20:20 External Pool Use																	
<div>Key</div> <div>Moderate Intensity/Beginner</div> <div>Balance &amp; Stability</div> <div>High Intensity</div> <div>Pool Based</div> <div>External Pool Use</div>																	