



SALUS
SPA



CLASSES
TIMETABLE

Start Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am							
6.30am	Stretch 6.30 - 7.00am			Stretch 6.30 - 7.00am			
7.00am		Sculpt 7.00 - 7.45am			Circuits 7.00 - 7.45am	Stretch 7.00 - 7.20am	
7.30am							
8.00am	Motion 8.00 - 8.45am	Rev 8.00 - 8.30am	Yoga My Wellness - Virtual	Group Cycling 8.00 - 8.45am	Energy 8.00 - 8.30am	Run Club 8.00 - 9.00am	
8.30am		Yoga My Wellness - Virtual					
9.00am	Sculpt 9.00 - 9.45am		Pilates My Wellness - Virtual		Group Cycling 9.00 - 9.45pm		
9.30am						Legs & Core 9.30 - 10.15am	
10.00am		HYROX Kickstart 10.00 - 10.45am		Kettlebells 10.00 - 10.45am			
10.30am					Legs & Core 10.30 - 11.15am	Yoga My Wellness - Virtual	
11.00am	Rev 11.00 - 11.30am					Core 11.30 - 11.50am	
11.30am							
12.00pm		Energy 12.00 - 12.45pm		HIIT 12.00 - 12.20pm			
12.30pm				Energy 12.30 - 1.15pm	Kettlebells 12.30 - 1.15pm		
1.00pm	Circuits 1.00 - 1.45pm	Kettlebells 1.00 - 1.45pm	Yoga My Wellness - Virtual			Kettlebells 1.00 - 1.45pm	
1.30pm							
2.00pm	Legs & Core 2.00 - 2.45pm			Legs & Core 2.00 - 2.45pm		Pilates My Wellness - Virtual	
2.30pm		HIIT 2.30 - 2.50pm	Body Balance 2.30 - 2.50pm		Circuits 2.30 - 3.15pm		
3.00pm			Energy 3.00 - 3.45pm	HYROX Kickstart 3.00 - 3.45pm			
3.30pm							
4.00pm	Energy 4.00 - 4.45pm	Circuits 4.00 - 4.45pm		Zumba My Wellness - Virtual	Legs & Core 4.00 - 4.15pm		
4.30pm			Legs & Core 4.00 - 4.45pm				
5.00pm	HIIT 5.00 - 5.20pm	Pilates My Wellness - Virtual					
5.30pm				HIIT 5.30 - 5.50pm			
6.00pm	Yoga My Wellness - Virtual						
6.30pm		Rev 6.30 - 7.00pm	Group Cycling 6.30 - 7.15pm		Sculpt 6.30 - 7.15pm		
7.00pm	Group Cycling 7.00 - 7.50pm			Rev 7.00 - 7.30pm			
7.30pm		Sculpt 7.30 - 8.15pm	Core 7.30 - 8.15pm				
8.00pm	Zumba My Wellness - Virtual			Motion 8.00 - 8.45pm	Group Cycling 8.00 - 8.45pm		
8.30pm							

Instructor led class

Virtual class

Kettlebells

Kettlebell classes combine strength, flexibility, and cardiovascular training through dynamic movements like swings and snatches, offering a full-body, high-intensity workout that builds muscle and improves core stability.

Legs & Core

A combination of cardio and strength exercises designed to tone and strengthen the lower body, including the legs, buttocks, and abdomen.

Stretch

Suitable for all fitness levels, these classes help reduce muscle tension, increase range of motion, enhance posture, and can be beneficial for injury prevention and aiding in workout recovery.

Run Club

Join our run club class where we will be running around the beautiful Aldwark Manor Estate. Improving fitness and wellness in a serene environment.

Intro to Hyrox

Learn the fundamental of Hyrox training with guided exercises proper techniques and beginners – friendly work outs.

Sculpt

A group fitness class focusing on high-repetition, light to moderate weight-based strength training using a barbell and weights, set to music to work major muscle groups.

Rev

A fast-past, high intensity indoor cycling class designed to maximise calorie burn in minimal time. Expert short bursts of all-out effort followed by brief recovery periods, set to motivating music.

Core

An “Abs Blast” class is a focused, often high-intensity group fitness session, designed to strengthen and stabilize the entire core, including the abdomen and lower back.

Aerobics

A fun energetic cardio workout set to music that improves stamina, coordination and overall fitness. Simple routines make it easy to follow.

Motion

A full body workout using functional movements like squats, lunges, pushing & pulling to improve strength, balance, mobility and everyday fitness.

Body Balance

Participants move through a series of flowing stretches, balancing, and strengthening exercises set to uplifting music, with a focus on controlled breathing and mindful relaxation.

Circuits

A group fitness workout where participants move between various “stations,” each featuring a different exercise focusing on different aspects of fitness, such as strength, cardiovascular health, endurance, and flexibility.

Group Cycle

Technogym’s Group Cycle Connect offers an interactive, connected indoor cycling experience featuring on-screen prompts for personalized workouts, real-time performance data (heart rate, calories, power), and instructor-led, self-powered rides with music and visual cues.

HIIT

HIIT classes are designed for maximum results in a shorter amount of time, making them a popular choice for busy individuals.

My Wellness - Virtual

Experience seamless training with Technogym Visio, the touchscreen display created to offer training guidance and instant access to a vast library of engaging workouts, all just one tap away. With this experience you will be able to select a class of your own choice while the studio is free.

Pilates

Pilates is a body conditioning routine that may help build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back. It puts emphasis on spinal and pelvic alignment, breathing, and developing a strong core or center, and improving coordination and balance.

Yoga

Yoga, like life, is about finding bliss and serenity in the moment. Everyone can practice yoga. Regardless of age, experience, or level of flexibility – we can all benefit from yoga if we maintain “mental flexibility” and patience. Yoga classes help bring balance to your day.

Zumba

Zumba is a fitness program involving dance and aerobic elements. Zumba's choreography incorporates hip-hop, soca, samba, salsa, merengue, mambo and martial arts. Squats and lunges are also included. The exercises include music with fast and slow rhythms, as well as resistance training.

To **book a class** or find out more information
please call: **01347 838 146**

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