



Tewkesbury Park



Wellness Class & Pool Timetable

Class Timetable

Monday 18.30-19.30	Class Slow Vinyasa yoga (all abilities)	Instructor Shellie
Tuesday 09.15-10.15 10.30-11.30	Class Aerobics Aqua Aerobics	Instructor Jackie Jackie
Wednesday 09.15-10.15 10.15-11.15	Class Spin Low-Impact Body	Instructor Jackie Jackie
Thursday 11.00-12.00	Class Yin yoga (all abilities)	Instructor Shellie
Friday 10.00-11.00 11.00-12.00 12.00-13.00	Class Pilates (basics) Pilates (intermediate) Total Ball Rehab	Instructor Margaret Margaret Margaret
Saturday 10.00-11.00	Class Stretch	Instructor Jackie
Sunday 9.00-10.00 10.00-11.00	Class Stretch Pilates (intermediate)	Instructor Margaret Margaret

- Slow Vinyasa is a mindful and gentle flow that allows you to move through postures at a slower pace, focusing on breath awareness and alignment. This class is suitable for all levels, providing a wonderful opportunity to build strength, improve balance, and enjoy a peaceful practice.
- Aerobics is a form of physical exercise that combines rhythmic movement with stretching and strength training routines with the goal of improving all elements of fitness.
- Aqua Aerobics is perfect for those that want to improve their fitness levels with a low impact workout. Thanks to the added resistance provided by the water, you get a full body workout, which is much easier on your joints.
- Spin is a great cardiovascular workout. Pedal through hill climbs, sprints and many other challenging drills and exercises. All levels are welcome.

- Low-Impact Body workout is typically less hard on the body, especially on our joints and can be a great way to get a heart-pumping workout while reducing the risk of injury.
- Yin Yoga is a deeply relaxing practice where we hold passive poses for several minutes, targeting deep connective tissues to enhance flexibility and promote a sense of calm. This class is perfect for all abilities, offering a gentle yet profound way to unwind and rejuvenate.
- Pilates is a sequence of controlled stretching and strengthening exercises that are performed to improve balance, muscle-strength, flexibility and posture, without putting stress on the body.
- Total Ball Rehab is exercises with a ball, using basic forms of rehabilitation that allow to improve the condition of the hips, knees and above all, these exercises will improve the condition of the spine.
- Stretch is a gentle class focused on enhancing overall wellbeing through upper and lower body mobility. Using a fit ball and mat-based floor work, you'll stretch and release tension, finishing with a calming cool down to soothing music.

Pool Timetable

Monday-Friday

	Activity
06.30-09.00	Adult Swim
09.00-12.00	Family Swim
12.00-13.00	Adult Swim
13.00-19.00	Family Swim
19.00-21.00	Adult Swim

Tuesday 10.30-11.30 pool closed

Saturday & Sunday

	Activity
07.00-09.00	Adult Swim
09.00-18.00	Family Swim
18.00-20.00	Adult Swim



To book in for a class call **01684 272341** or book at the wellness reception up to **7 days** in advance or email **health@tewkesburypark.co.uk**.

Important Information

The following will enable you to get the best from your workout or pool session.

Classes

- For safety reasons, the gym is not accessible to those under 16
- Suitable gym clothing and trainers are required at all times
- Drink plenty of water during any workout to avoid dehydration
- Arrive to class on time (warming up is essential)
- Inform the instructor of any health concerns or if you are new to the class (it is advisable to consult your doctor before taking up a new exercise regime)
- Do not exercise if feeling unwell
- Booking classes is essential

Pool

- For hygiene, please shower before entering the pool
- Supervision ratios: Under 4's: require 1:1 adult supervision. Children under 16 must be supervised at a maximum ratio of 1 adult to 2 children
- No glass or crockery is permitted poolside
- For your safety, please avoid swimming immediately after eating or drinking

Thermal Areas

- For hygiene, please shower before entering the pool – especially after using the sauna, steam room or hot tub
- For safety reasons, the sauna, steam room and hot tub are not accessible to those under 16
- We recommend, for the safety of members and guests, that using the sauna or steam room is avoided if there are any known health conditions that could be adversely affected

Opening Times

Monday–Friday 06.30-21.00

Saturday–Sunday 07.00-20.00

Please remember to cancel your booked sessions if you are unable to attend



Tewkesbury Park

Lincoln Green Lane, Tewkesbury, GL20 7DN

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