

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

AQUA COMBAT/DISC
9.00-10.00 AM
WITH SUE

AQUA BUOYS (DUMBBELLS)
9.00-10.00 AM
WITH SUE

AQUA TABATA
8.30-9.30 AM
WITH SUE

AQUA COMBAT/DISC
9.00-10.00 AM
WITH SUE

AQUA TABATA
8.30-9.30 AM
WITH SUE

PILATES ALL LEVELS
8.30-9.30 AM
WITH KATHY

TENNIS COACHING
9.00-10.30 AM
WITH NICK

AQUA BUOYS (DUMBBELLS)
9.30-10.30 AM
WITH SUE

AQUA BUOYS (DUMBBELLS)
9.30-10.30 AM
WITH SUE

H.I.I.T TRAINING
10.00 - 11.00 AM
WITH NICK
'HIGH INTENSITY INTERVAL TRAINING'

FITBALL ALL LEVELS
(PILATES BASED)
8.30-9.30 AM
WITH KATHY

PILATES
8.30-9.30 AM
WITH BERYL

DANCERCISE
9.45-10.45 AM
WITH ALI

 **ZUMBA**
9.30-10.30 AM
WITH VIKI

ABSOLUTE ABS
9.45-10.30 AM
WITH DAVE

TENNIS COACHING
9.00-10.30 AM
WITH NIC

GYM CIRCUITS
10.00-11.00 AM
WITH NICK

CIRCUITS FOR BEGINNERS
10.45-11.30 AM
WITH DAVE

 **ZUMBA**
10.00-11.00 AM
WITH VIKI

**TRX & RESISTANCE
BAND TRAINING**
10.00-11.00 AM
WITH NICK

YOGA
INTERMEDIATE
11.00-12.00 PM
WITH DEBBIE

BODY SHAPE
THE FULL BODY WORKOUT
10.30-11.30 AM
WITH VIKI

 **ZUMBA**
11.30-12.30 PM
WITH SUE

**RELAXATION &
MEDITATION**
10.30-11.30 AM
WITH CAROL

STRENGTH TRAINING
WEIGHTS ONLY
11.00-12.00 PM
WITH NICK

PILATES ALL LEVELS
11.45-12.55 PM
WITH KATHY

YOGA
BEGINNERS-INTERMEDIATE
12.30-1.30 PM
WITH ERIC

LEGS, BUMS & TUMS
11.15-12.15 PM
WITH VIKI

DANCERCISE
11.15-12.15 PM
WITH ALI

BOOTCAMP EXPRESS
45 MINS INTENSE SESSION
12.15-1.00 PM
WITH DAVE

SWIMMING LESSONS - 1 LANE AVAILABLE

Monday 4pm-5pm • Tuesday 3pm-6pm • Wednesday 4pm-6pm
Thursday 4pm-6pm • Friday 6pm-6:30pm • Saturday 10am-12:30pm

AQUA CLASS DESCRIPTION

TABATA training is one of the most popular forms of high-intensity interval training. Ten rounds of high-intensity exercise are performed in a specific "20 seconds on, 20 seconds off" interval, with a 30 second rest after one round. It's the perfect high-intensity workout for both fitness and weight-loss benefits - HIGH FITNESS LEVEL

AQUA BUOYS training with dumbbells. A cardio and resistance work out - MODERATE FITNESS LEVEL

AQUA COMBAT. Explosive energetic pool session combining a mix of martial arts, combat, and kick boxing. Strike, punch and kick against the resistance of the water to give you the results you want - MODERATE FITNESS LEVEL

FRISBEE disc used to enrich the Aqua lessons! Strengthening and toning the body and maintaining physical fitness. Take a Frisbee into the pool and prepare for the ultimate aqua challenge- MODERATE FITNESS LEVEL

SPA
TONIC



AUTUMN/WINTER 2017

All classes are free to spa/gym members.
Non members €7. Classes are not included in a
'Swim Only' membership or day pass.

STARTS 6TH NOVEMBER 2017

PLEASE READ!

You can book classes one week in advance if you so wish. On Monday morning from 8am -12pm you can text us on the number below stating your name and classes. :

99781740

We will respond within one hour. If you don't receive a confirmation please ring us.

We will take bookings in person at reception from 12pm on this day.

* PLEASE DO NOT TEXT BEFORE 8AM.

* PLEASE DON'T COME TO RECEPTION TO BOOK IN THIS PERIOD & PLEASE DON'T PHONE RECEPTION TO BOOK.

AQUA: a member can take 3 out of the 7 Aqua.

PILATES/FITBALL: a member can take 2 out of the 4 Pilates based classes.

ZUMBA: a member can take 2 out of the 3 Zumba.

IF YOU CANNOT MAKE A CLASS PLEASE RING SPA TONIC RECEPTION IN ADVANCE TO CANCEL. DO NOT CANCEL/BOOK ON THE ABOVE TEXT NUMBER AFTER 12PM MONDAY AS THE PHONE IS SWITCHED OFF.

Changes may occur.

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