



Box Fit - If you are a beginner boxer then this class will help you to punch above your weight. Using gloves and pads this will improve your cardiovascular fitness and muscle tone with basic boxing techniques combined with classic exercises such as sit-ups. Antony Joshua, eat your heart out!

Spa HIIT - Focus on increasing your cardiovascular threshold and muscular endurance, alternating between weight training and cardio. By taking a total body approach we ensure that you work through every major muscle group to tone, define and strengthen.

Little Lodgers Splash Time - An opportunity for the kids to take advantage of the pool.

Battle Rope Blast - Come and test out our battle rope circuit either inside on the gym floor or outside on the terrace overlooking the fabulous grounds. Are you ready for war? Because we are about to battle!

Legs Bums & Tums - Let's work those key areas, and increase our strength in our legs, bums and tums class. With upbeat music, it does what it says on the tin!

Drum & Base Combat - Let's take things to the next level and introduce some drum and base to this high intensity class with various techniques while enjoying a party like atmosphere for you and your friends!

Spin - A cardio class without comparison; this intense class offers a unique aerobic challenge for even the fittest individual. Based on a fixed wheel stationary bike, the instructor will guide you through a motivating fitness experience, pushing your fat burning and fitness levels to the limit!

Beginners Spin - New to spin? Want to learn how to set up your bike correctly? We offer a selection of different spin classes for beginners with a slower tempo and shorter time.

Virtual Spin - This is a state of the art spin class, led by a virtual instructor – an extra opportunity to test your spinning skills – from mountain courses to high tempo there will be lots to try.

Back to Fitness - A variety of exercises specifically designed for those beginning their journey back into fitness, start off gently to work up to higher fitness levels.

Pilates - Controlled, precise movements designed to stretch and strengthen muscles; it will focus on the core and postural muscles working to align the spine and improve posture.

Beginners Yoga - In this class we learn the basics of Yoga, how the body moves and how breathing and focus can enhance your experience. Also ideal for anyone with injuries or physical restrictions, that may hinder their physical activity.

Vinyasa Yoga - Benefit your mind, body and soul. It helps build strength, endurance, improves flexibility and re-energises our bodies, whilst mentally it helps create space within, helping us deepen our connection to ourselves and the world around us.

Hatha Yoga - Learn how the body moves and improve awareness while doing each posture, spend time in one position exploring the limits of your body. No previous experience required and hugely beneficial for those who have physical restraints or a history of injuries which restricts them.

Power Yoga – A dynamic yoga class for those who have experienced some yoga previously, focusing on improving strength and flexibility.

Meditation - Our classes combine meditation and mindfulness to create a deeply nurturing experience and an opportunity for you to pause and reflect within your day. An experienced teacher will guide you through the class and may incorporate a combination of breathing, yoga and guided visualisation techniques, which can also be integrated into everyday life

Tai Chi - Experience improvements in health, with benefits which may include improved balance, co-ordination, posture, breathing and flexibility, and reduced stress levels.

Advanced Tai Chi - For the more experienced participant this class will look to develop your Tai Chi by developing your skills week on week.

Aqua - A combination of workouts mixed with water resistance to engage every muscle in the body while enjoying the amazing views of the South Downs.

80's Themed Aqua - Who could think of a better workout than getting in the pool, whilst listening to some 80's classics!

Aqua Circuits - Your favourite water based exercises taught in a circuit style format!

Zumba - Latin rhythms and easy to follow moves are fused in this dynamic fitness class. The routines feature interval training sessions where fast and slow rhythms are combined to burn those calories. Come and join the party!

Core Blast - A combination of abdominal and back conditioning exercises, to enhance core strength and stability.

TRX - Total Body Resistance training. This is a full-body strength workout that utilises your own body weight on our suspension trainers instead of relying on machines or dumbbells. Although this is whole-body suspension training, you use your core for all 30 minutes of the class.

Barre - Ballet inspired class at the barre, incorporating stretch techniques alongside leg and core work, with influences from yoga and pilates, designed to strengthen and lengthen the body.

Full Body Stretch - This class aims to enhance your overall flexibility, leaving you feeling rejuvenated, relaxed and stress free.

Walk - Join a member of the Fitness Team for a leisurely walk around the grounds at South Lodge.