

# Classes at Cedar Court Bradford Health Club

## Class Tariff

Free	Anytime Members
£2.00	Off Peak Members & Senior Members
£4.00	Hotel Guests
£4.00	Non Members

## Classes

### Aqua Aerobics

A lively fun class providing aerobics & toning exercise in the comfort of water, which is extremely beneficial for arthritic conditions. Open to all levels and abilities, non-Swimmers are welcome to join also.

**Tuesday 12.00pm - 12.45pm**

**Friday 12.00pm - 12.45pm**

### Yoga

Designed to improve the health, performance and mental acuity of the beginner and expert alike.

**Monday 10.00am - 11.30am**

### Circuits

A balanced class working all the major muscle groups incorporating a mixture of strength training and cardio exercises alongside flexibility and mobility work. Suitable for all fitness levels.

**Tuesday 6.30pm - 7.30pm**

### Legs, Bums & Tums

This class focuses on technique and toning rather than intensity; targeting specific problem areas.

A short aerobic warm-up may be included followed by a series of exercises for legs, bums and abdominal areas.

**Tuesday 7.30pm - 8.15pm**

### Pilates

Pilates aims to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness and wellbeing. All exercises are done on a mat. This class has something to offer people of all ages and levels of ability and fitness, from beginners to elite athletes.

**Wednesday 10.45am - 11.45am**

All the classes that we offer are free for our anytime members, for all of our members on other membership tariffs the charge is £2.00 per class.

Classes are booked at the health club reception or by calling the health club team on 01274 406 604.

**Classes can be booked up to 7 days in advance**



For more information call 01274 406 604  
[www.cedarcourthotels.co.uk/health-clubs](http://www.cedarcourthotels.co.uk/health-clubs)