

Classes at Cedar Court Huddersfield Health Club

Class Tariff

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

Classes

Aqua Fit

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.

Monday 7.15pm - 8.00pm
Thursday 11.00am - 11.45am

Hour of Power

Get ready for a non-stop hour of high-energy, total-body fat burn...

A high-intensity, whole-body workout to maximise fat burn; cardio and breathing techniques to work your heart and lungs; stretching to increase flexibility and offering great results!

Tuesday 7.00pm - 8.00pm

Yoga

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

Wednesday 9.30am - 10.30am

Zumba®

Combining fast and slow exercises, Zumba® means your body never settles into the consistent rhythms used by other types of exercise. Repetitive exercise means that fitness and weight loss reach a plateau, whereas Zumba® dancing keeps your body confused, so that plateau isn't reached.

Monday 6.30pm - 7.30pm

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 01422 310 004.

Classes can be booked up to 7 days in advance



For more information call 01422 310 004
www.cedarcourthotels.co.uk/health-clubs