

classes

The Health Hub offers a wide range of classes to suit all abilities. Expert instructors join our team to bring you the very latest and innovative sessions from low impact Aquafit, Yoga and Pilates, through to Indoor Cycling and Boxergise. A number of classes are included in our memberships or can be added at a small cost.



	SINGLE CLASS	BLOCK OF 6	BLOCK OF 10
ADD ON FOR MEMBERS	£8.50	-	-
PILATES	£10.00	£54.00	-
YOGA	£10.00	£54.00	-
FITNESS	£8.50	-	£76.50
MINDFULNESS	£9.00 / £11.00	-	-
<i>Member / non member</i>			

All classes are to be paid in advance and are non-refundable. Blocks of classes valid for 6 months.



ALL SAINTS
HOTEL, GOLF & SPA

To book your class(es) please call The Health Hub on 01284 706 777 ext. 5

healthhub@allsaintshotel.com
www.allsaintshotel.com