



K I N S P A

BODY AND SOUL

FITNESS CLASSES

Effective from April 2019

DAY	TIME	CLASS
Monday	6-6.45pm	Kettlebells
Tuesday	9.30-10.15am	Core Strength & Stability
	6-6.45pm	High Intensity Interval Training
Wednesday	9.30-10.15am	Combat Conditioning
	6-6.45pm	Legs, Bums, Tums & Arms
Thursday	9.30-10.15am	High Intensity Interval Training
	6-6.45pm	Core Strength & Stability
Friday	9.30-10.15am	Combat Conditioning
Saturday	9-10am	Spartan Warrior Training



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CLASS DESCRIPTIONS

CLASS	DESCRIPTION
Legs, Bums, Tums and Arms	<i>A more modern approach to legs, bums and tums incorporating arm movements for a complete body approach delivering an endurance based functional workout.</i>
Combat Conditioning	<i>A fun and exhilarating class taking inspiration from Mixed Martial Arts to strengthen and condition your body whilst burning calories, developing a determined mind and improving cardiovascular health.</i>
Core Strength and Stability Training	<i>A class focusing on an important and often neglected part of training, here you will strengthen your core as well as your stabilising muscles using complex movement patterns that will assist you in all other aspects of your fitness training.</i>
High Intensity Interval Training	<i>A high-performance class structured to include shorts periods of fast dynamic movements and intense cardio with short periods of rest. The exercises and rest periods will be adjusted to suit individual fitness levels.</i>
Kettlebells	<i>A Kettlebells class that will develop Strength, Power, Cardio Conditioning and Core Stability all in one intense workout.</i>
Spartan Warrior Training	<i>A fun and exhilarating team-based class conducted outdoors so warm kit essential. Functional movement patterns will be taught alongside periods of intense cardio using fitness tools such as tyres, kettlebells and medicine balls.</i>

- All classes must be booked in advance, at the spa reception.
- All classes are free to Kinspa members & Hotel residents. Non-members - £5.00.
- Please note; a minimum of 2 persons must be booked to participate, for a class to run.



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