



K I N S P A

BODY AND SOUL

FITNESS CLASSES

DAY	TIME	CLASS
Monday	10-11am	Legs, Bums, Tums and Arms
	6-7pm	Combat Conditioning
Tuesday	10-11am	Core Strength and Stability Training
	6-7pm	High Intensity Interval Training
Wednesday	10-11am	Combat Conditioning
	6-7pm	Legs, Bums, Tums and Arms
Thursday	10-11am	High Intensity Interval Training
	6-7pm	Core Strength and Stability Training
Friday	10-11am	Kettlebell Blast
	6-7pm	Kettlebell Blast
Saturday	10-11am	Spartan Warrior Training
Sunday	10-11am	Sunday Run Club

Effective from January 2019



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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>
Kettlebell Blast	<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>
Sunday Run Club	<i>A varied running class incorporating a mix of cardio circuits incorporating running drills, sprint intervals, hill repetitions, long steady runs, fartlek training and partner training (so bring a friend!!)</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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