



FITNESS CLASSES

DAY	TIME	CLASS
Monday	9.30am – 10.15am	Circuit Training
	6pm – 6.45pm	HIIT
	7pm – 8pm	Yoga*
Tuesday	7.30am – 8am	Circuit Training
	9.30am – 10.15am	Core Conditioning
	6pm-6.45pm	Body Tone
	7pm-7.45pm	Legs, Bums & Tums
Wednesday	9am – 9.45am	Circuit Training
	10am – 10.45am	Legs, Bums & Tums
	6pm – 6.45pm	HIIT
	7pm – 7.45pm	Core Conditioning
Thursday	7.30am – 8am	HIIT
	9.30am-10.15am	Body Tone
	6pm – 6.45pm	Circuit Training
	7pm – 7.45pm	Box Fit
Friday	9.30am – 10.15am	Legs, Bums & Tums
	10.30am – 11.15am	Box Fit
Saturday	10am-11am	Bootcamp
Sunday	6pm-7pm	Yoga *

EFFECTIVE FROM 8TH APRIL 2018

*Yoga * £4.00 per person for Members, & £5.00 Non-Members*



Class Specifications

Class	Description
Body Tone	Aimed at toning and sculpting your body to the shape and proportion you desire. Using conditioning type exercises and upbeat music, we'll have you dropping the fat and shaping your muscles in no time at all.
Bootcamp	This mixes traditional calisthenics and body weight exercise with interval strength training. Having fun while you work hard and push your limits.
Box Fit	Perfect if you are looking to begin boxing training and keep fit. These sessions involve basic boxing techniques, circuit training, running and skipping.
Circuit Training	Whether you are a complete beginner or just starting to get into the swing of things, this class is perfect for a moderate workout, enabling you to work at your own rate whilst still having maximum effect.
Core Conditioning	A complete core workout aimed at increasing core strength & stability.
Legs, Bums & Tums	Targeting the common problem areas, incorporating a mixture of abdominal workouts, stretches and exercises for the legs, buttocks and stomach.
HIIT	High Intensity Interval Training alternates between short high intense activity and lower intense recovery periods. This workout provides improved athletic capacity and condition, and improved fat burning.
*Yoga	This class will focus upon yoga asana/postures, breathing techniques and relaxation, to help build strength, improve flexibility, balance and posture alignment, thus bringing about a relaxed, peaceful state of mind.

- All classes are free to Kinspa Members & Hotel Residents.
 - Non-Members - £5.00 (payable at the Spa Reception).
- *Yoga is £4.00 per person for Members & £5.00 for Non - Members.
 - All Classes must be booked in advance, at the Spa Reception.
- Please note; a minimum of 2 persons must be booked to participate, for a Class to run.