



K I N S P A

BODY AND SOUL

FITNESS CLASSES

DAY	TIME	CLASS
Monday	9.30–10.15am	Body Tone
	5.30 – 6pm	Cardio Shape
Tuesday	9.30–10.15am	Tummy tightener
	6–6.45pm	Body Tone
	7–7.45pm	Legs, Bums & Tums
Wednesday	9–9.45am	Legs, Bums & Tums
	5.30–6.15pm	Circuit training
	7–8pm (<i>every other Wednesday</i>)	Yoga
Thursday	9.30–10am	Cardio Shape
	6–6.45pm	Legs, Bums & Tums
	7–7.45pm	Body Tone
Friday	9.30–10.15am	Circuit training
	10.30–11.15am	Body Combat
Saturday	8.15–9.15am	Bootcamp
Sunday	9.30–10.15am	Balance & Co-ordination

Effective from Sept 2018



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CLASS	DESCRIPTION
Balance & Co-ordination	<i>This workout will improve your agility, balance and co-ordination, and quicken your reflexes, whilst building strength & toning your muscles.</i>
Body Combat	<i>You will punch and kick your way through calories to a leaner, healthier, fitter body. This energetic class is influenced by martial arts such as Karate, Boxing and Taekwondo. Unleash your inner warrior!</i>
Body Tone	<i>Aimed at toning and sculpting your body to the shape and proportion you desire. Using conditioning type exercises, we'll have you dropping the fat and shaping your muscles in no time!</i>
Bootcamp	<i>If you're looking for a total body workout that will help tone your body and burn fat, this is the class for you. The exercises help boost your strength and endurance. This is a high intensity class that will be sure to get your heart rate up and help to improve your fitness.</i>
Cardio Shape	<i>The perfect combination of cardiovascular activity and strength training. Exercises target the major muscle groups to sculpt and tone.</i>
Circuit Training	<i>Circuit training is one of the most effective training workouts. A combination of aerobic and toning exercises to help strengthen, improve cardio fitness & muscle tone.</i>
Legs, Bums & Tums	<i>Targeting the common problem areas, incorporating a mixture of stretches and exercises for the legs, buttocks and stomach.</i>
Tummy Tightener	<i>This class concentrates on the core muscles surrounding the abdominal area and the lower back, to strengthen, tone and tighten.</i>
Yoga	<i>Vinyasa flow is a dynamic style of yoga that links movement with breath. The practice helps to improve strength, balance and posture. As well as encouraging mindfulness and mental wellbeing by reducing stress and increasing vitality.</i>

CLASS DESCRIPTIONS

- All classes must be booked in advance, at the spa reception.
- All classes are free to Kinspa members & Hotel residents. Non-members - £5.00.



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- Yoga is £7 for non-members, and £5 for members. (*Cash only*,
- Please note; a minimum of 2 persons must be booked to

payment made directly to the class instructor).
participate, for a class to run.