



# EASTWELL MANOR

CHAMPNEYS HOTEL & SPA

CLASS INTENSITY	
♥	A VERY LOW INTENSITY CLASS
♥♥	LOW INTENSITY CLASS
♥♥♥	A MEDIUM INTENSITY
♥♥♥♥	MEDIUM INTENSITY WITH HIGHER INTENSITY OPTIONS
♥♥♥♥♥	HIGH INTENSITY WORKOUT

## ACTIVITY SCHEDULE CLASS DESCRIPTIONS

### STUDIO ACTIVITIES

#### WAKE UP WORKOUT ♥♥♥♥

Early morning mixture of fun, toning and stretching to get you ready for the day ahead.

#### BOX FIT ♥♥♥♥♥

Designed by our resident Boxer, experience a combination of pad work, boxing fundamentals, cardio drills and body weight exercise. A dynamic circuit combining abs, boxing, ropes, kettlebells and balls all in one metabolic conditioning workout.

#### BOOT CAMP CIRCUITS ♥♥♥♥♥

The ultimate fitness class. Challenge your fitness and reap fat burning and toning rewards.

#### CIRCUITS ♥♥♥♥♥

Ideal for any gym user. This class uses a range of stations in rapid succession to help strengthen the body and improve cardio fitness.

#### EXPRESS CIRCUITS ♥♥♥♥♥

A fun, intensive and quick way to get your body moving, burn calories and energize your day by using a range of exercise stations.

#### CHAMP RIDE 45 ♥♥♥♥♥

A cardio class without comparison; this intense class offers a unique aerobic challenge for even the fittest individual. Based on a fixed wheel stationary bike, the instructor will guide you through a motivating fitness experience, pushing your fat burning and fitness levels to the limit! Regular exercisers only.

#### TABATA ♥♥♥♥♥♥

A high-intensity interval training, which alternates between 20 seconds of all-out effort, followed by 10 seconds rest repeating the exercises as much times as it is possible within 6 to 8 rounds. Quick way to strengthen your muscles and burn fat for a longer period of time.

#### LEGS, BUMS AND TUMS ♥♥♥♥

A body conditioning class ideal for those wishing to give more definition and firm up those notoriously difficult areas.

#### BODY SCULPT ♥♥♥♥

Hand weights, resistance bands, gliding discs, body weight and/or body bars are utilised to strengthen and tone muscles. This body conditioning class aims to improve your posture and define your shape.

#### FITSTEPS ♥♥♥♥

Created by Strictly dancers, Natalie Lowe and Ian Waite along with Swimmer Mark Foster, Fitsteps combines the graceful steps of Ballroom and the up tempo steps of the Latin dances. You will learn to dance the Jive, Cha Cha, Samba, Tango, Waltz and Quickstep in an easy to learn, fun to do dance, fitness class taught in a line dance style. No partners required.

#### CIRCUITS ♥♥♥♥♥

Ideal for any gym user. This class uses a range of stations in rapid succession to help strengthen the body and improve cardio fitness.

#### BARRE FUSION ♥♥♥♥

Ballet inspired class at the barre, incorporating stretch techniques alongside leg and core work, designed to strengthen and lengthen the body.

#### FOAM ROLLERS ♥♥

Learn to use this Self Myofascial massage tool to reach areas of chronic pain and tension created from poor postural habits and old injuries. May not be suitable for individuals with acute pain, inflammation or arthritic conditions.

#### FITNESS PILATES ♥♥♥♥

An introduction to Pilates utilising all of the principles and many of the mat work exercises in traditional Pilates. Helps to reshape and align, improve posture and coordination and promotes a healthy focussed mind.

#### HIIT ♥♥♥♥♥♥

Intense bursts of body weight exercise interspersed with less intense recovery periods to maximise the body's fat burning capacity and increase metabolic rate.

#### CHAMP RIDE 30 ♥♥♥♥♥

All the fun and sweat of a regular class, but condensed into the perfect 30 minutes for those with a busy schedule. *Best for: all round cardio and strength for those with a busy schedule.*

### POOL ACTIVITIES

Please ensure that you shower before entering the pool.

#### AQUA FIT/MITT ♥♥♥♥

Experience the benefits of a water workout using specialised aqua dumbbells, mitts and/or woggles. These low impact workouts combine cardiovascular and strengthening exercises for the whole body. Classes are suitable for those new to exercise and non-swimmers.

### OUTDOOR ACTIVITIES

Please meet at the Fitness Reception. Outdoor trainers are essential. A minimum of two people required.

#### COUNTRY HIKE ♥♥

A guided walk through our beautiful grounds at a medium pace to ward off any post lunch lethargy. Approx. 1.5-2km.

#### MORNING WALK ♥♥

Start your day with a quick and easy energising walk around our beautiful country side. Perfect walk for everyone to get your body moving, to set your day ahead, and to have a look around in our resort and its surroundings. Approx. 1.5km.

### MIND BODY CLASSES

#### VINYASA YOGA ♥♥♥♥ £

A flowing, dynamic form of yoga linking breath with movement. Postures are performed in a flowing sequence acquiring steadiness of body and mind, rather than individual poses. This style is great for those who are familiar with basic yoga postures.

#### HATHA YOGA ♥♥♥♥ £

This timeless indian philosophy includes the practice of asanas (yoga postures) and pranayama (breathing exercises) which help to bring peace and mind to the body, preparing the body for deeper spiritual practices such as meditation. Best For beginners.

#### STRETCH & CALM ♥♥

Stretch, relax and meditate to create balance between your mind and body. Lengthening your muscles and calming your mind at the same time.

#### STRETCH & RELAX ♥♥

This class enhances your overall flexibility leaving you feeling rejuvenated, relaxed and stress-free.

### INFORMATION

#### PLEASE BOOK ALL CLASSES AT THE WELLBEING & FITNESS RECEPTION.

Guarantee a place in your favourite class by pre-booking online or at the Fitness & Wellbeing reception for £3 per class. Classes may be booked free of charge on the day, subject to availability. However no shows or cancellation of the class less than one hour before the class will result in a maximum £3 charge.

£ sign refers to a £6 supplement for this class. These classes can be pre-booked before the day without the additional £3 pre-booking fee. However no shows or cancellation of the class less than one hour before the class will result in the £6 charge remaining.

For Club Members booking requirements please see the Wellbeing & Fitness Reception.

All classes are subject to change (Club) - This is for Club Members only.

#### SAFETY

A warm up and cool down is essential for the safety of each class and individual. For this reason and for the consideration of others, please do not enter a class after it has started as admission will be refused.

Clean trainers must be worn to every studio class and in the gym. Outdoor shoes/trainers are required for walks. Class admission will be refused if footwear is unsuitable.

Please note if you have any injuries, medical problems or if you are pregnant, please let the Wellbeing & Fitness Instructors know prior to the class or gym use.

Participation in all activities is at own risk.

#### WATER

Water bottles for use in the studio and gym are available from the Boutique/Wellbeing & Fitness Reception. Guests/ Members are reminded to take plenty of fluids during and after exercise.