

Champneys Henlow Activity Schedule 2009/2010

At Champneys we encourage you to balance your stay/visit with classes that emphasise flexibility, strength and cardiovascular fitness to achieve optimal wellbeing. We have therefore categorised our classes to assist you with this.

Class Grade Codes:

E Everyone

B Beginners Only

I Intermediate

Class Codes:

CV Cardiovascular Training

FB Fat Burning Workout

RT Resistance Training

FL Flexibility Training

ED Educational

Class recommendations

Bookings

* - Please book at the Fitness Reception.

(£) - A supplement charge applies.

** 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.

Class admission will be refused if footwear is unsuitable.

Please note participation in all activities is at own risk.

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.00 - 07.30	Aqua Fit (CV/FB/RT/E)	Aqua Mitt (CV/FB/RT/E) Club Pilates** (8.00-9.00)	Aqua Fit (CV/FB/RT/E)	Aqua Mitt (CV/FB/RT/E)	Aqua Fit (CV/FB/RT/E)	Aqua Mitt (CV/FB/RT/E)	Aqua Mitt (CV/FB/RT/E)
08.00 - 08.30	Power Walk (CV/FB/I)	Power Walk (CV/FB/I)	Power Walk (CV/FB/I)	Power Walk (CV/FB/I)	Power Walk (CV/FB/I)	Power Walk (CV/FB/I)	Power Walk (CV/FB/I)
08.30 - 09.00	Wake up Workout (CV/RT/FL/E)	Wake up Workout (CV/RT/FL/E)	Wake up Workout (CV/RT/FL/E)	Wake up Workout (CV/RT/FL/E)	Wake up Workout (CV/RT/FL/E)	Wake up Workout (CV/RT/FL/E)	Wake up Workout (CV/RT/FL/E)
09.30 - 10.00	Gym Intro (ED/E)	Gym Intro (ED/E) Lite & Lo (CV/B)	Gym Intro (ED/E)	Gym Intro (ED/E) Lite & Lo (CV/B)	Gym Intro (ED/E)	Gym Intro (ED/E) Lite & Lo (CV/B)	Gym Intro (ED/E)
10.00 - 11.00	Yoga* (FL/E)	Yoga* (FL/E)	Yoga* (FL/E)	Yoga* (FL/E)	Colour Healing* £ (E)	Yoga* (FL/E)	Yoga* (FL/E)
10.00 - 10.45	Indoor Cycling* (CV/FB/I)	Rebounding* (CV/FB/RT/I)	Hi/Lo Aerobics (CV/FB/I)	Body sculpt (CV/FB/I)	Indoor Cycling* (CV/FB/I)	Rebounding* (CV/FB/RT/I)	Hi/Lo Aerobics (CV/FB/I)
10.00 - 11.00	Country Walk (CV/FB/E)	Gym Circuit (CV/RT/E)	Country Walk (CV/FB/E)	Gym Circuit (CV/RT/E)	Country Walk (CV/FB/E)	Gym Circuit (CV/RT/E)	Country Walk (CV/FB/E)
11.00 - 11.30	Aqua Mitt (CV/FB/RT/E)	Aqua Fit (CV/FB/RT/E)	Aqua Mitt (CV/FB/RT/E)	Aqua Fit (CV/FB/RT/E)	Aqua Mitt (CV/FB/RT/E)	Aqua Fit (CV/FB/RT/E)	Aqua Mitt (CV/FB/RT/E)
11.00 - 12.00	Meditation* (£) (E)	Relaxation* (E)	Meditation* (£) (E)	Relaxation* (E)	Yoga* (FL/E)	Meditation* (£) (E)	Relaxation* (E)
11.00 - 11.45	20/20/20 (1 hr) (CV/RT/FL/E)	Hi/Lo Aerobics (CV/FB/I)	Body Sculpt (RT/E)	Fitness Hula Hooping (30mins)* (FB/E)	Step and Tone (CV/FB/RT/I)	20/20/20 (1 hr) (CV/RT/FL/E)	Fitball* (RT/E)
12.00 - 12.30	Pre-Lunch Jog (CV/FB/I)	Xpress Tone (RT/E)	Pre-Lunch Jog (CV/FB/I)	Cardio Xpress (CV/FB/I)	Xpress Tone (CV/FB/I)	Pre-Lunch Jog (CV/FB/I)	Cardio Xpress (CV/FB/E)
12.00 - 1.00	Vibrogym Demo (ED/E)	Pilates Based Matwork* (£) (RT/FL/E)	Pilates Based Matwork* (£) (RT/FL/E)	Vibrogym Demo (ED/E)	Pilates Based Matwork* (£) (RT/FL/E)	Vibrogym Demo (ED/E)	Pilates Based Matwork* (£) (RT/FL/E)
2.00 - 2.45	Dance Class (CV/FB/E)	Body sculpt (RT/E)	Dance Class (CV/FB/E)	Dance Class (CV/FB/E)	Dance Class (CV/FB/E)	Dance Class (CV/FB/E)	Body sculpt (RT/E)
2.00 - 2.45	Perfect Posture (RT/FL/ED/E)	Aqua Circuit (CV/FB/RT/E)	Vibrogym Demo (ED/E)	Aqua Circuit (CV/FB/RT/E)	Perfect Posture (RT/FL/ED/E)	Aqua Circuit (CV/FB/RT/E)	Vibrogym Demo (ED/E)
3.00 - 3.30	Aqua Fit (CV/FB/RT/E)	Vibrogym Demo (ED/E)	Aqua Fit (CV/FB/RT/E)		Aqua Fit (CV/FB/RT/E)		Aqua Fit (CV/FB/RT/E)
3.00 - 3.45	Fitball* (RT/E)	Indoor Cycling* (CV/FB/I)	Fitness Hula Hooping (30mins)* (FB/E)	Indoor Cycling* (CV/FB/I)	Fitball* (RT/E)	Indoor Cycling* (CV/FB/I)	Indoor Cycling* (CV/FB/I)
3.00 - 4.00	Pilates Based Matwork* (£) (RT/FL/E)	Colour Healing* £ (3.30-4.30) (E)	Cooking Demo (ED/E)	Pilates Based Matwork* (£) (RT/FL/E)	Vibrogym Demo (30mins) (ED/E)	Pilates Based Matwork* (£) (RT/FL/E)	
4.00 - 4.45	Fitness Hula Hooping (30mins)* (FB/E)	Fitness Hula Hooping (30mins)* (FB/E)	Step and Tone (CV/FB/RT/I)	Fitball* (RT/E)	Fitness Hula Hooping (30mins)* (FB/E)	Fitness Hula Hooping (30mins)* (FB/E)	Fitness Hula Hooping (30mins)* (FB/E)
4.30 - 5.30	Yoga* (FL/E)	Yoga* (FL/E)		Yoga* (FL/E)		Stretch & Relax (45mins) (FL/E)	
5.00 - 5.45			Stretch & Relax (FL/E)		Stretch & Relax (FL/E)		Stretch & Relax (FL/E)
5.30 - 6.30	Relaxation* (E)	Water Netball* (30mins) (CV/E)		Relaxation* (E)		Swim & Trim (30mins) (CV/FB/RT/E)	Water Netball* (30mins) (CV/E)
6.30 - 7.15	Hi/Lo Aerobics (CV/FB/I)	Body Sculpt (6.30-7.30) (RT/E)	20/20/20 (1 hr) (CV/RT/FL/E)	Club Indoor Cycling** (CV/FB/I)	Body Sculpt (6.30 - 7.30) (RT/E)		
6.30 - 7.30				Club Pilates Based Matwork** (RT/FL/E)	Club Yoga** (FL/E)		
7.30 - 8.00	Swim & Trim (CV/FB/RT/E)	Aqua Fit (CV/FB/RT/E)		Aqua Fit (CV/FB/RT/E)			
7.30 - 8.30			Fitball* (RT/E)				
8.00 - 9.00	Club Indoor Cycling** (8.00-8.45)	Boot Camp Circuit (CV/RT/FB/I)					

Classes may be subject to change, especially over bank holidays. Please see Fitness notice board and Wellbeing & Fitness Desk for additional classes/changes.