

## CHAMPNEYS FOREST MERE CHRISTMAS DAILY CLASS SCHEDULE 2011/2012

TIMES	Saturday 24 <sup>th</sup> December 6.30-5.00pm	Sunday 25 <sup>th</sup> December 8.30-5.00pm	Monday 26 <sup>th</sup> December 8.30-5.00pm	Tuesday 27 <sup>th</sup> December 6.30am-10.00pm Normal Membership Hours	Wednesday 28 <sup>th</sup> December 6.30am-10.00pm Normal Membership Hours	Thursday 29 <sup>th</sup> December 6.30am-10.00pm Normal Membership Hours	Friday 30 <sup>th</sup> December 6.30am-10.00pm Normal Membership Hours	Saturday 31 <sup>st</sup> December 6.30am-5.00pm	Sunday 1 <sup>st</sup> January 8.30am-9.30pm
07.00- 07.30	Aqua Mitt			Aqua Mitt	Aqua Fit	Aqua Circuit	Aqua Fit	Aqua Mitt	
08.00-08.30	Power Walk			Power Walk	Morning Walk	Power Walk	Morning Walk	Power Walk	
08.30-09.00	Wake up Workout	Aqua Fit	Aqua Mitt	Aeroblast	Wake up Workout	Aeroblast	Wake up Workout	Wake up Workout	Aqua Fit
09.15-10.00	Indoor Cycling*	Hi-Lo Aerobics	Hi-Lo Aerobics	Body Sculpt	Hi-Lo Aerobics	Rebounding* (09.15-09.45)	Fitball*	Indoor Cycling*	Hi-Lo Aerobics
10.00-10.30	Gym Intro*			Gym Intro*		Gym Intro*	Core conditioning	Gym Intro*	
10.30-11.15				Rebounding* (10.30-11.00)	Indoor Cycling*	Fitball*	Indoor Cycling*	Zumba*	
10.30-11.30	Pilates*	Chi Yoga*	Pilates*	Chi Ball / Chi Yoga*		Meditation* (£)	Yoga*		Body Sculpt
11.30-12.00				Aqua Circuit	Aqua Mitt	Aqua Fit	Aqua Mitt		
11.30-12.00	Lakeside Walk	Lakeside Walk	Lakeside Walk	Lakeside Walk	Lakeside Walk	Lakeside Walk	Tai Chi* (£) (11.30-12.30)	Lakeside Walk	Lakeside Walk
11.30-12.15						Transformational Healing Circle* (£) (12.00-13.00)	Nordic Walking* (12.30-13.30)		
12.00-12.30	Fitness Hula Hooping*	Fitness Hula Hooping*	Fitness Hula Hooping*	Fitness Hula Hooping*	Fitness Hula Hooping*	Fitness Hula Hooping*	Relax (12.30-13.00)	Fitness Hula Hooping*	Fitness Hula Hooping*
14.00-14.45	Country Hike	Country Hike	Country Hike	Country Hike	Country Hike	Country Hike	Country Hike	Country Hike	Country Hike
14.00-14.45				Pilates Based Matwork *(£) (14.00-15.00)	Posture Workshop	Posture workshop	Pilates Based Matwork *(£) (14.00-15.00)	Dance	Dance
15.00-15.45		Body Sculpt	Body Sculpt	20/20*		Drum Ball	Body Sculpt		Circuit
15.00-15.30	Aqua Fit			Aqua Fit	Aqua Fit	Aqua Mitt	Aqua Circuit	Aqua Fit	
16.00-16.45	Body Sculpt	Total Body Stretch	Total Body Stretch	Zumba*	Body Sculpt	Indoor Cycling*	Combat Conditioning	Body Sculpt	Indoor Cycling*
16.00-17.00				Meditation*(£) <b>(15.00-16.00)</b>			Yoga*	Total Body Stretch (16.00-16.30)	
17.30-18.00				Total Body Stretch	Total Body Stretch	Total Body Stretch	Total Body Stretch		Total Body Stretch
18.00-19.00				Club Mind & Body		Club Abs* (18.30-19.00)	Aqua (18.30-19.00)		
18.15-19.00				Circuit Training	Club Fitball*	Club Body Sculpt / Zumba*	Club Rebounding*		
19.00-19.45				Intermediate Yoga*	Club Interval Cycling*				

Club – Club members only

\* Guests. Members wishing to take part in these classes need to register their name on the day at the Wellbeing Reception as limited spaces are available

£ A supplement charge will apply for these classes, please book at Wellbeing Reception as limited spaces available.

**Note: Standard, Standard Plus and Premier Members are welcome at the resort from open to close on the following days: 24<sup>th</sup> Dec, 25<sup>th</sup> Dec, 26<sup>th</sup> Dec, 31<sup>st</sup> Dec, 1<sup>st</sup> Jan**

### IN THE GYM

<b>GYM INTRO</b>	ED	EVERYONE
Join one of our qualified fitness instructors who will show you how to use the Gym Equipment safely and effectively.		
<b>CARDIO XPRESS*</b>	RT	EVERYONE
30-minute session utilising the cardio machines in the gym designed to improve cardio fitness – an excellent fat burning session. A hard but motivating session. A gym induction is a prerequisite.		
<b>VIBROGYM DEMO*</b>	ED	EVERYONE
Join a member of the wellbeing team for an introduction to the Vibrogym. This revolutionary piece of equipment will assist in weight loss, improve muscle tone and sports specific fitness.		

### STUDIO CLASSES

<b>WAKE UP WORKOUT</b>	CV/FL/RT	EVERYONE
Early morning mixture of fun, toning and/or stretching to get you ready for the day ahead.		
<b>LITE &amp; LO</b>	CV/FL/RT	EVERYONE
30minute This class caters for total beginners, the elderly and for participants not used to the studio environment.		
<b>TOTAL BODY STRETCH</b>	FL	EVERYONE
Flexibility is an important part of your fitness programme. Don't miss this chance to stretch your muscles.		
<b>INDOOR CYCLING *</b>	CVFB	INTERMEDIATE/ADVANCED
A cardio class without comparison; this intense class offers a unique aerobic challenge for even the fittest individual. Based on the Schwinn fixed wheel stationary bikes, the instructor will guide you through a motivating fitness experience.		
<b>HI/LO AEROBICS</b>	CV/FB/RT	INTERMEDIATE
For the more experienced participant. The complete workout. Hi/Lo Aerobics/aerobic circuit with body conditioning.		
<b>BODY SCULPTING</b>	CV/RT	EVERYONE
Body conditioning class to add muscle tone and improve your shape. Hand held weights and Spa bands are used.		
or Salsa, the style will vary daily. Guaranteed to be highly enjoyable!		
<b>SKIP &amp; TONE *</b>	CV/FB/RT	INTERMEDIATE
Simple skipping drills with intervals of toning work to give you an all over body workout.		
<b>REBOUNDING *</b>	CV/FB/RT	INTERMEDIATE
A superb fat burning workout using a mini trampoline challenging balance, co-ordination and cardio fitness levels.		
<b>FITNESS HULA HOOP*</b>	CV/FB	EVERYONE
It's a fun and easy way to work your core muscles, slim down your waist and tone up the abs.		

20/20\*

Leg,Bum,Tums

<b>CIRCUIT TRAINING</b>	CV/FB/RT	INTERMEDIATE
A good cross training session where you can work at your own level, without the need of fancy footwork. A total workout.		
<b>PERFECT POSTURE</b>	RT/ED	EVERYONE
Learn correct posture and techniques to prevent back problems. Strengthen and stretch the back muscles, abdominals and hamstrings.		
<b>FITBALL *</b>	CV/RT	INTERMEDIATE
A total body conditioning class, for all fitness levels, using the Fitball. Learn how to improve functional strength and coordination in a safe and effective way.		
<b>DANCE CLASS</b>	CV/FB	EVERYONE
Find your creative self, bring out the performer in you, dance and come alive.		

### IN THE POOL

**Please ensure that you shower before entering the pool.**

<b>AQUA MITT</b>	CV/FB/RT	EVERYONE
Join us in the pool to enjoy an energetic session. An excellent cardiovascular workout using aqua mitts (non swimmers welcome).		
<b>AQUA FIT</b>	CV/RT/FB	EVERYONE
Join us in the pool to enjoy an energetic session. An excellent cardiovascular workout using noodles and aqua dumbbells (non swimmers welcome)		
<b>AQUA CIRCUITS</b>	CV/RT/FB	EVERYONE
Join us in the pool and enjoy an energetic session. An excellent cardio vascular workout and toning using a circuit based style class. (non swimmers welcome)		
<b>AQUA JOG</b>	FB/CV	EVERYONE
An excellent class to burn fat improve CV fitness of even rehabilitate injuries.		
<b>ULIMATE AQUA</b>	FB/RT/CV	INTERMEDIATE
The ultimate water based class. A combination of aqua jogging and resistance exercises utilising the floats, woggles and dumbbells. A workout with a difference. Must have swimming ability.		

### ACCOMPANIED OUTDOOR ACTIVITIES

<b>LEISURE WALK</b>	CV/FB	EVERYONE
A guided walk around the beautiful lake, cameras recommended.		
<b>POWER WALK</b>	CV/FB	EVERYONE
A pulse-raising walk at a brisk pace. Recommended for higher levels of fitness.		

### ALTERNATIVE CLASSES

<b>PILATES(£)*</b>	RT/FL	EVERYONE
Strength training emphasising, torso stabilisation and flexibility through the use of subtle, slow, controlled conditioning exercises.		