

# ACTIVITY SCHEDULE CLASS DESCRIPTIONS

CHAMPNEYS FOREST MERE

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

## STUDIO ACTIVITIES

### BODY SCULPT ♥♥♥

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

### 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.

### DANCE CLASS ♥♥♥

Line Dancing, Ballet, Fitness Cheerleading, Bollywood, Disco or Salsa (style varies daily). Guaranteed to be highly enjoyable. See the Wellbeing & Fitness Reception for details.

### 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.

### CORE FUSION ♥♥♥

A fusion of balance work and abdominal and back conditioning to enhance core strength and stability.

### DAVINCI BODYBOARD ♥♥♥♥

Join us for this full body conditioning class utilising resistance bands offering a fun and unique way of resistance training coupled with cardiovascular intervals.

### HULA HOOP ♥♥

A fun and easy way to work your core muscles, slim down your waist and tone up the abs.

### 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.

### BALLET FUSION ♥♥♥

Ballet moves form the basis for this hot workout which will blitz your buttocks, legs and abdominal muscles. No ballet experience necessary.

### FITNESS FUSION ♥♥♥

A fun class aimed at those who want variety in their workout. During this session we fuse fitness techniques from two classes to give you a total body workout.

### WAKE UP WORKOUT ♥♥♥

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

### BOOT CAMP ♥♥♥♥♥

The ultimate fitness class. Challenge your physical capacity and reap the fat burning and toning rewards. Regular exercisers only.

### LEGS, BUMS & TUMS ♥♥♥

Target those problem areas with toning and strength exercises.

### FIGHTING FIT ♥♥♥♥

A circuit class using boxing moves and pad work for a cardio and upper body workout.

### 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.

### CARDIO BURN ♥♥♥♥

Designed to burn calories and build strength through specific strength movement patterns and cardio blasts.

### ZUMBA ♥♥♥

Latin rhythms and easy to follow moves are fused in this dynamic fitness class. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Come and join the party!

### PHUSION ♥♥♥♥

A series of HIIT (High-Intensity Interval Training) movements in short bursts linked together with a pilates movement to balance the programme and provide active rest. This is a very time efficient form of internal training that conditions the whole body. Its fun, its challenging and its fast.

### STRETCH AND RELAX ♥♥

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

### DEEP STRETCHING ♥♥

An effective deep stretch class incorporating elements of yoga and static full body stretches to help you unwind and relax.

### MORNING STRETCH/BODY STRETCH ♥♥

De-stress your body and increase your overall flexibility with this 25 minute calming, stretch session.

## GYM ACTIVITIES

### GYM INTRODUCTION ♥

Join one of our qualified Wellbeing & Fitness instructors who will show you how to use the gym equipment safely and effectively.

### EXPRESS FITNESS ♥♥♥♥

A workout in the gym combining cardio and resistance functional training in a small group situation.

## ACCOMPANIED OUTDOOR ACTIVITIES

(Please meet at Wellbeing & Fitness Reception. Outdoor trainers are essential. A minimum of two people required.)

### LAKESIDE WALK ♥♥

Walk around the lake in our beautiful grounds. Distance covered approximately 1 mile.

### COUNTRY HIKE ♥♥

A guided walk through our beautiful grounds at a medium pace to ward off any post lunch lethargy. Cameras recommended. Distance covered approximately 2-3 miles.

### LONG HIKE ♥♥

Join the Fitness team for an extended Country Hike through the Hampshire countryside. Distance covered approximately 3-4 miles.

### DAILY MILE ♥♥

A kick start to a beginners running programme designed to build endurance and stamina, including short intervals of walking and running.

### PICKLEBALL ♥♥♥

Pickleball is Europe's fastest growing sport. It is a cross between tennis, badminton & table tennis and is suitable for all abilities.

### CARDIO TENNIS ♥♥♥

A fun tennis coaching session including team games and tennis drills with cardio intervals.

### OUTDOOR ACTIVE ♥♥♥

A fun class incorporating games and outdoor exercises to give you a fun workout in the fresh air.

### NORDIC WALKING ♥♥

An exciting outdoor walking technique. Using specially designed walking poles, which makes walking more comfortable. Nordic Walking can burn off 20% more calories than normal walking at the same speed.

## POOL ACTIVITIES

### AQUA FIT/MITT ♥♥♥

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

### AQUA CIRCUITS ♥♥♥

A fun circuit style class utilising different stations that will help develop cardio fitness and muscle tone.

## MIND BODY CLASSES

### 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.

### MEDITATION ♥ £

Free your mind from the stress, worries, hassles and problems of your busy lifestyles with meditation. Meditation is a perfect method to help put your emotions into perspective, introducing moments of stillness into a hectic lifestyle. Private sessions are available at an additional charge.

### HEALING CIRCLE ♥♥ £

Would you like to release stress and create a life of joy and ease? This safe and truly transforming process will help you restore inner calm and relaxation.

### 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.

### SEASONAL YOGA ♥♥♥ £

Seasonal Yoga is inspired by ancient Chinese health systems and is a gentle practice specifically designed to send energy flowing through the Meridian lines (energy pathways of the body). This practice will re-vitalize all your systems and organs with energies corresponding to different seasons of the year - putting the mind and body where it is supposed to be - in harmony with nature.

### KUNDALINI YOGA ♥♥ £

Kundalini yoga uses postures (Asanas), breathing techniques (Panayamas), chanting (Mantras), and meditation to help release blockages and encourage energy to flow freely around your body. Best for: Boosting mental focus.

### YOGA FLOW ♥♥♥ £

Strong fluid movements combine to create a class focussing on our body's ability to move freely.

### CHI BALL ♥♥

This gentle exercise class combines the use of aromatherapy, colour therapy and movement to help relax and balance the mind and body. Includes elements of Tai Chi, Yoga and Pilates.

## 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 Member 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 your 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.

### BICYCLES

Bikes are available from the Wellbeing & Fitness Reception.

Please adhere to the Highway Code.