

ACTIVITY SCHEDULE CLASS DESCRIPTIONS
CHAMPNEYS TRING

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

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.

STUDIO ACTIVITIES

CHAMP RIDE 45 ♥♥♥♥♥

Take part in the new Stages Cycling experience and take your group exercise workout to the next level. Learn how to ride with power, improve your knowledge and track individual / team performance.

VIRTUAL RIDE 45 ♥♥♥♥♥

Take a Virtual Cycling class and enjoy your ride. Instead of an instructor you'll be taken through the class by 'virtual' instruction on screen to new surroundings as your studio experience is transported to mountain ranges, climbing through the hills or cycling along the beach.

RIDE & TONE ♥♥♥♥♥

A cycle class that uses intervals of hand weights to add resistance to the upper body, giving riders a total body workout. Hand weights are provided and used together or separately with cycling to provide both aerobic and anaerobic exercise.

RIDE & LEARN ♥♥

This 30-minute ride is designed to help you master the basics with a strong focus on technical knowledge, from bike set up to result tracking points and form. Learn about proper technique, master the different positions on the bike and get comfortable riding to the beat so that you can make the most of every ride.

Best for: new riders, or anyone wanting to spend more time mastering technique.

WAKE UP BOOST ♥♥♥

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

CORE BALANCE ♥♥♥

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

JUMPGA ♥♥♥

Jumpga is a hybrid of two disciplines, creating an entirely new exercise plan. It combines elements of both high intensity interval training and yoga.

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.

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.

DANCE FIT ♥♥♥

An aerobic dance class that comprises a variety of dance movement patterns presented in a fun way.

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.

FOAM ROLLERS ♥♥

Learn to use this myofascial self 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.

BOX CLUB ♥♥♥

Our boxing classes will show real technique tailored to each member's ability. Designed by our resident Boxers. Experience a combination of pad work, boxing fundamentals, cardio drills and body weight exercise. Sessions include technique, bag work, sparring, pad work, skipping, circuits etc all under the watchful eyes of our experienced coach. **Beginner** - You will learn how to throw and defend punches and the basics of movement and tactics. **Intermediate** - You will learn how to combine punches and movement to execute your attacks and stifle your opponent's offence. **Advanced** - You will learn advanced tactics and tricks of the trade, shifts, double shifts, more elaborate set ups, sneaker punches etc.

BOX FIT ♥♥♥♥

A dynamic circuit & cardio class combining abs, boxing, ropes, kettlebells and balls all in one metabolic conditioning workout.

CARDIO BLAST ♥♥♥♥♥

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

BARRE FUSION ♥♥♥

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

SWEAT & LEARN ♥♥♥

The ultimate educational fitness class with Personal trainer. Challenge your physical capacity and fitness knowledge, reap the fat burning and toning rewards.

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.

META FIT ♥♥♥♥♥

Is a high-intensity workout including a series of body-weight exercises with interval style training, designed to keep your body burning calories long after your training session is complete.

META POWER ♥♥♥♥♥

Is 30 minute circuit class that combines resistance and bodyweight exercises to target and develop strength, power, agility and cardiovascular efficiency.

ACCOMPANIED OUTDOOR ACTIVITIES

(Please meet at Wellbeing & Fitness Reception. Outdoor trainers are essential. Minimum of 2 people required.)

MORNING WALK ♥♥♥

Moderate to brisk walk through the Champneys grounds or a guided country walk. This is also great for relaxation and taking in the local scenery.

COUNTRY WALKS ♥♥

Join a member of the Wellbeing & Fitness Team for a guided hike around Tring's countryside. Distance covered is approximately 3.5miles.

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 Europes 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 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.

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 INTRO ♥ £

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.

STRETCH & RELAX ♥♥

This class aims to enhance your overall flexibility, leaving you feeling rejuvenated, relaxed and stress free.

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.

VINYASA/FLOW 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.

ASHTANGA YOGA ♥♥♥♥ £

Also known as power yoga, Ashtanga contains strong and challenging postures linked together by your breath. A highly structured vinyasa-style class, each class follows a set format where you work on perfecting a series of postures. Once the first series is mastered you can move into the second series and so on. Best for: Endurance. This is a tough class. The flow of the poses is definitely more challenging than in regular yoga practices. You may want to try some other asana classes in order to learn the basic poses before jumping into an Ashtanga practice.

YIN YOGA ♥♥ £

Many forms of physical exercise are fast moving – these are Yang. Yin is the opposite. It's a gentle practice that includes advanced postures to stretch your hips, pelvis and lower spine. All yin postures are practiced while either lying or sitting on the floor. Each pose is held for 3 to 5 minutes. By holding the postures for long periods of time your muscles are encouraged to relax so the deep connective tissues can be stretched. This is believed to increase the flow of energy throughout your body to help balance both body and mind. The primary differences between Yin Yoga and many other forms of yoga is that you are encouraged to NOT use your muscles and passive poses are held for several minutes. Best for: Recovery – deep stretching

RAJA YOGA ♥♥ £

Raja Yoga is a more gentle, meditative and mindful approach to yoga focusing on the mental and spiritual development. This gentle practice allows you time to connect with your inner self.

MEDITATIVE YOGA ♥ £

A gentle and restorative yoga focusing on relaxation and breathing techniques.

Private yoga sessions are available at an additional charge.

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 £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 & Maps are available from the Wellbeing & Fitness Reception. Please adhere to the Highway Code.