

## CHAMPNEYS FOREST MERE ACTIVITY SCHEDULE JUNE 2022

### MONDAY

TIME	CLASS	INTENSITY	VENUE
7:00 - 7:30	AQUA FIT	♥♥♥	POOL
8:00 - 8:45	BODYSculPT	♥♥♥♥	STUDIO 2
9:00 - 9:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
9:30 - 10:25	SEASONAL FLOW YOGA E	♥♥♥	STUDIO 1
10:00 - 10:30	CIRCUITS	♥♥♥♥	STUDIO 2
11:00 - 11:45	FITNESS PILATES	♥♥	STUDIO 1
12:00 - 12:55	RESTORATIVE YOGA E	♥	STUDIO 1
13:00 - 13:45	BOXERCISE	♥♥♥♥	STUDIO 2
14:00 - 14:55	COUNTRY HIKE	♥♥♥	F & W DESK
15:00 - 15:45	STRETCH & FLOW	♥♥♥	STUDIO 1
15:00 - 16:00	NUTRITIONIST TALK		KNOWLEDGE POD
16:00 - 16:30	AQUA FIT	♥♥♥	POOL
17:00 - 17:55	SEASONAL YOGA E	♥♥♥	STUDIO 1
18:00 - 18:45	ADVANCED FITNESS PILATES	♥♥♥♥	STUDIO 1
18:00 - 18:45	ZUMBA	♥♥♥♥	STUDIO 2
19:00 - 19:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
19:00 - 19:45	TOTAL BARRE	♥♥♥	STUDIO 1
20:00 - 21:00	NUTRITIONIST TALK		KNOWLEDGE POD

### FRIDAY

TIME	CLASS	INTENSITY	VENUE
7:00 - 7:30	AQUA FIT	♥♥♥	POOL
8:00 - 8:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
9:00 - 9:30	BODYSculPT 30	♥♥♥	STUDIO 2
9:30 - 10:00	AQUA FIT	♥♥♥	POOL
10:00 - 10:55	HATHA YOGA E	♥♥♥	STUDIO 1
11:00 - 11:30	CORE FUSION	♥♥♥	STUDIO 1
12:15 - 12:45	HULA HOOP	♥	STUDIO 2
14:00 - 14:55	COUNTRY HIKE	♥♥	F & W DESK
15:00 - 15:30	BODY STRETCH	♥♥	STUDIO 1
16:00 - 16:30	AQUA FIT	♥♥♥	POOL
17:00 - 17:55	HATHA YOGA E	♥♥♥	STUDIO 1
17:00 - 17:45	TOTAL BODY WORKOUT	♥♥♥	STUDIO 2
18:00 - 18:45	DEEP STRETCH	♥♥♥	STUDIO 1

### TUESDAY

TIME	CLASS	INTENSITY	VENUE
7:00 - 7:30	AQUA FIT	♥♥♥	POOL
8:00 - 8:30	LAKESIDE WALK	♥♥	F & W DESK
8:00 - 8:45	LEGS, BUMS & TUMS	♥♥♥	STUDIO 2
9:00 - 9:45	FITNESS PILATES	♥♥♥	STUDIO 1
9:45 - 10:30	MENOPAUSE WORKSHOP E	♥♥	STUDIO 1
10:00 - 10:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
10:30 - 11:25	FLOW YOGA E	♥♥♥	STUDIO 1
12:00 - 12:55	MEDITATION E	♥	KNOWLEDGE POD
14:00 - 14:30	FOAM ROLLERS	♥	STUDIO 1
14:00 - 15:30	LONG HIKE	♥♥♥	F & W DESK
16:00 - 16:30	EXPRESS BARRE	♥♥♥	STUDIO 1
17:00 - 17:45	STRETCH & RELAX	♥	STUDIO 1
18:00 - 18:30	AQUA FIT	♥♥♥	POOL
18:00 - 18:45	OUTDOOR CIRCUITS	♥♥♥	OUTDOOR / STUDIO 2
18:00 - 18:55	FLOW YOGA E	♥♥♥	STUDIO 1
19:00 - 19:45	DEEP STRETCH	♥♥	STUDIO 1

### SATURDAY

TIME	CLASS	INTENSITY	VENUE
8:00 - 8:30	AQUA FIT	♥♥♥	POOL
9:00 - 9:45	STRETCH & FLOW	♥♥♥	STUDIO 1
9:00 - 9:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
10:00 - 10:30	HIIT	♥♥♥♥♥	STUDIO 2
10:00 - 10:55	TAI CHI E	♥	STUDIO 1
11:00 - 11:45	MASTERCLASS	♥♥♥	STUDIO 2
12:00 - 12:45	FITNESS PILATES	♥♥♥	STUDIO 1
14:00 - 14:45	THE DOG WALK	♥♥	F & W DESK
15:00 - 15:45	OUTDOOR ACTIVE	♥♥♥	OUTDOOR
16:00 - 16:30	AQUA FIT	♥♥♥	POOL
17:00 - 17:45	TOTAL BODY WORKOUT	♥♥♥	STUDIO 2
18:00 - 18:45	STRETCH AND RELAX	♥♥	STUDIO 1

### WEDNESDAY

TIME	CLASS	INTENSITY	VENUE
7:00 - 7:30	AQUA FIT	♥♥♥	POOL
8:00 - 8:45	STRETCH & FLOW	♥♥♥	STUDIO 1
9:00 - 9:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
9:00 - 9:55	VINYASA YOGA E	♥♥♥	STUDIO 1
10:00 - 10:45	LEGS, BUMS & TUMS	♥♥♥	STUDIO 2
10:00 - 10:45	WELLBEING / FITNESS TALK		KNOWLEDGE POD
11:00 - 11:55	SEASONAL YIN YOGA E	♥♥	STUDIO 2
13:00 - 13:45	FITNESS PILATES	♥♥♥	STUDIO 1
14:00 - 14:55	COUNTRY HIKE	♥♥	F & W DESK
15:00 - 15:30	BODY STRETCH	♥	STUDIO 1
17:00 - 17:55	FLOW YOGA E	♥♥♥	STUDIO 1
18:00 - 18:45	TAI CHI E	♥	STUDIO 1
18:00 - 18:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
19:00 - 19:30	CORE FUSION	♥♥♥	STUDIO 2
19:00 - 19:55	KUNDALINI YOGA E	♥♥	STUDIO 1

### SUNDAY

TIME	CLASS	INTENSITY	VENUE
8:00 - 8:30	AQUA FIT	♥♥♥	POOL
9:00 - 9:55	KUNDALINI YOGA E	♥♥♥	STUDIO 1
9:00 - 9:45	OUTDOOR ACTIVE	♥♥♥	OUTDOOR
10:00 - 10:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
10:00 - 11:45	MASTERCLASS	♥♥♥	STUDIO 2
12:00 - 12:45	STRETCH & FLOW	♥♥♥	STUDIO 1
13:00 - 13:45	LEGS, BUMS & TUMS	♥♥♥	STUDIO 2
14:00 - 15:30	LONG HIKE	♥♥♥	F & W DESK
16:00 - 16:30	FOAM ROLLERS	♥	STUDIO 1
17:00 - 17:45	BOXERCISE	♥♥♥	STUDIO 2
18:00 - 18:55	RESTORATIVE YOGA E	♥	STUDIO 1

### THURSDAY

TIME	CLASS	INTENSITY	VENUE
7:00 - 7:30	AQUA FIT	♥♥♥	POOL
8:00 - 8:30	LAKESIDE WALK	♥♥♥	F & W DESK
8:00 - 8:45	BODYSculPT	♥♥♥	STUDIO 1
9:00 - 9:45	DANCE FUSION	♥♥♥	STUDIO 2
9:15 - 10:00	CHI BALL E	♥♥	STUDIO 1
10:00 - 10:45	CHAMP RIDE 45	♥♥♥	STUDIO 2
11:00 - 11:30	PELVIC FLOOR HEALTH E	♥♥♥	STUDIO 1
12:00 - 12:55	MEDITATION E	♥	KNOWLEDGE
14:00 - 14:55	COUNTRY HIKE	♥♥	F & W DESK
15:00 - 15:30	LINE DANCING	♥♥	STUDIO 2
16:00 - 16:30	AQUA FIT	♥♥♥	POOL
17:00 - 17:55	SEASONAL YOGA E	♥♥♥	STUDIO 1
18:00 - 18:45	ADVANCED FITNESS PILATES	♥♥♥	STUDIO 1
19:00 - 19:45	OUTDOOR CIRCUITS	♥♥♥	OUTDOOR /

### MASTERCLASS

DATE	CLASS	PRESENTER
4TH JUNE 9AM	CHAMP RIDE 45	NEIL SOLMON
4TH JUNE 11AM	AEROBICS	NEIL SOLMON
5TH JUNE 10AM	CHAMP RIDE 45	NEIL SOLMON
5TH JUNE 11AM	FREESTYLE DANCE	NEIL SOLMON
11TH JUNE 9AM	CHAMP RIDE 45	JASON BURCH
11TH JUNE 11AM	CIRCUITS	JASON BURCH
12TH JUNE 10AM	CHAMP RIDE 45	JASON BURCH
12TH JUNE 11AM	AEROBICS	JASON BURCH
18TH JUNE 9AM	STRETCH AND FLOW	CARLA WILLIAMS
18TH JUNE 11AM	KUNDADANCE	CARLA WILLIAMS
19TH JUNE 11AM	FLOW YOGA AND MEDITATION	CARLA WILLIAMS
19TH JUNE 12PM	STRETCH AND FLOW	CARLA WILLIAMS
25TH JUNE 9AM	CHAMP RIDE 45	CATHY ROGERS
25TH JUNE 11AM	ZUMBA	CATHY ROGERS
26TH JUNE 11AM	TOTAL BARRE	CATHY ROGERS
26TH JUNE 1PM	LEGS, BUMS AND TUMS	CATHY ROGERS

## INFORMATION

#### CLASS INTENSITY GRADING

- ♥ VERY LOW INTENSITY WORKOUT
- ♥♥ LOW INTENSITY CLASS IDEAL FOR TOTAL BEGINNERS
- ♥♥♥ MEDIUM INTENSITY
- ♥♥♥♥ MEDIUM INTENSITY WITH HIGHER INTENSITY OPTIONS
- ♥♥♥♥♥ HIGH INTENSITY WORKOUT

#### CLASS RECOMMENDATIONS

Please book all classes at the Wellbeing & Fitness Reception.

Classes can be booked free of charge on the day subject to availability unless there is a £ sign shown which refers to a £8 supplement.

Cancellation on the day if the class was full or simply no show will result in a £3/£8 charge depending on the class.

For Club Member booking terms please see the Wellbeing & Fitness Desk.

At Champneys we encourage you to balance your stay/visit with classes that emphasise flexibility, strength and cardiovascular fitness to achieve optimal wellbeing.

#### SAFETY

A warm up and cool down is essential for the safety of each 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 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 are available from the boutique/Wellbeing & Fitness Reception, you are reminded to take plenty of fluids during and after exercise.

**PLEASE NOTE:** CLASSES AND MASTERCLASSES MAY BE SUBJECT TO CHANGE, ESPECIALLY OVER BANK HOLIDAYS.

If you wish to guarantee a place in your favourite class there is the option to pre-book the class a day before for £3. All outdoors classes will only run with a minimum number of 2 participants.