

Champneys Forest Mere: Activity Schedule May 2024

MONDAY				TUESDAY				WEDNESDAY				THURSDAY			
Time	Title	Intensity	Venue	Time	Title	Intensity	Venue	Time	Title	Intensity	Venue	Time	Title	Intensity	Venue
07.00-07.30	Aqua Fit	♥♥♥♥	POOL	07.00-7.45	Champ Ride 45 £	♥♥♥♥	STUDIO 2	07.00-07.30	Aqua Fit	♥♥♥♥	POOL	07.00-07.30	Aqua Fit	♥♥♥♥	POOL
08.00-08.45	Bodysculpt £	♥♥♥♥	STUDIO 2	08.15-08.45	Lakeside Walk	♥♥♥	F&WDESK	08.00-08.45	Pilates Core £	♥♥♥♥	STUDIO 1	08.00-08.45	Champ Ride 45 £	♥♥♥♥	STUDIO 2
09.00-09.45	Champ Ride 45 £	♥♥♥♥	STUDIO 2	09.00-09.45	Pilates Core £	♥♥♥♥	STUDIO 1	09.00-09.45	Champ Ride 45 £	♥♥♥♥	STUDIO 2	09.00-09.45	Bodysculpt £	♥♥♥♥	STUDIO 2
10.00-10.45	Circuit £	♥♥♥♥	STUDIO 2	09.30-10.00	Aqua Fit	♥♥♥♥	POOL	09.00-09.45	Yoga Flow ££	♥♥♥♥	STUDIO 1	09.15-10.00	Chi Ball ££	♥♥	STUDIO 1
10.30-10.55	Healing Meditation ££	♥	STUDIO 1	10.30-11.15	Legs,Bums&Tums £	♥♥♥♥	STUDIO 2	10.00-10.45	Legs,Bums&Tums £	♥♥♥♥	STUDIO 2	10.00-10.45	Fitness Fusion £	♥♥♥♥	STUDIO 2
11.00-11.45	Pilates Core £	♥♥♥♥	STUDIO 1	10.30-11.25	Flow Yoga ££	♥♥♥♥	STUDIO 1	13.00-13.30	Gym Intro	♥	GYM	10.30-11.15	Pilates Core £	♥♥♥	STUDIO 1
13.00-13.30	Gym Intro	♥	GYM	12.00-12.55	Meditation ££	♥	STUDIO 1	14.00-14.55	Country Hike	♥♥	F&W DESK	12.00-12.55	Meditation ££	♥	STUDIO 1
14.00-14.55	Country Hike	♥♥	F&W DESK	13.00-13.30	Gym Intro	♥	GYM	15.00-15.30	Gratitude Walk	♥♥	F&W DESK	13.00-13.30	Gym Intro	♥	GYM
15.00-15.45	Stretch & Flow £	♥♥♥♥	STUDIO 1	13.30-13.55	Healing Meditation ££	♥	STUDIO 1	16.00-16.30	Aqua Fit	♥♥♥♥	POOL	13.30-13.55	Healing Meditation ££	♥	STUDIO 1
16.00-16.30	Aqua Fit	♥♥♥♥	POOL	14.00-14.45	Country Hike	♥♥	F&W DESK	17.00-17.55	Flow Yoga ££	♥♥♥♥	STUDIO 1	14.00-14.55	Country hike	♥♥	F&W DESK
17.00-17.30	MetCon £	♥♥♥♥	STUDIO 2	15.00-15.30	Foam Rollers £	♥♥	STUDIO 1	17.00-17.30	MetCon	♥♥♥♥	STUDIO 2	15.00-15.30	Body Stretch £	♥♥	STUDIO 1
17.00-17.55	Seasonal Yoga ££	♥♥♥♥	STUDIO 1	15.30-16.00	Line Dancing £	♥♥	STUDIO 2	18.00-18.55	Tai Chi ££	♥♥	STUDIO 1	16.00-16.30	Aqua Fit	♥♥♥♥	POOL
18.00-18.45	Pilates Core £	♥♥♥♥	STUDIO1	16.00-16.30	Aqua Fit	♥♥♥♥	POOL	18.00-18.45	Champ Ride 45 £	♥♥♥♥	STUDIO 2	17.00-17.55	Seasonal Yoga ££	♥♥♥♥	STUDIO 1
18.00-18.45	Zumba £	♥♥♥♥	STUDIO 2	16.30-17.00	Body Stretch £	♥♥	STUDIO 1	19.00-19.55	Kundalini Yoga ££	♥♥	STUDIO	18.00-18.45	Pilates Core £	♥♥♥♥	STUDIO 1
19.00-19.45	Champ Ride 45 £	♥♥♥♥	STUDIO 2	17.15-18.00	Aerobics £	♥♥♥♥	STUDIO 2								
19.00-19.45	Total Barre £	♥♥♥♥	STUDIO 1	18.00-18.55	Flow Yoga ££	♥♥♥♥	STUDIO 1								
				18.15-19.00	Bootcamp Circuits £	♥♥♥♥	OUTDOOR								
				19.00-20.00	Deep stretch & Tone £	♥♥♥	STUDIO 1								

FRIDAY				SATURDAY				SUNDAY				MASTERCLASS			
Time	Title	Intensity	Venue	Time	Title	Intensity	Venue	Time	Title	Intensity	Venue				
07.00-07.45	Champ Ride 45 £	♥♥♥♥	STUDIO 2	08.00-08.30	Aqua Fit	♥♥♥♥	POOL	08.00-08.30	Aqua Fit	♥♥♥♥	POOL	Neil Solomon:			
08.00-08.30	Aqua Fit	♥♥♥♥	POOL	09.00-09.45	Champ Ride 45 £	♥♥♥♥	STUDIO 2	09.00-09.55	Kundalini Yoga ££	♥♥♥♥	STUDIO 1	5pm 3rd May 2024 Champ Ride 45£			
09.00-09.45	Pilates Core £	♥♥♥♥	STUDIO 1	10.00-10.50	Yoga Flow ££	♥♥♥♥	STUDIO 1	09.00-09.45	Circuits £	♥♥♥♥	STUDIO 2	9am 4th May 2024 Champ Ride 45 £			
10.00-10.55	Hatha Yoga ££	♥♥♥♥	STUDIO 1	11.00-11.30	Lakeside Walk	♥♥	F&W DESK	10.00-10.45	Champ Ride 45 £	♥♥♥♥	STUDIO 2	11am 4th May 2024 Aerobics £			
10.15-11.00	Legs,Bums&Tums £	♥♥♥♥	STUDIO 2	11.00-11.45	Masterclass £	♥♥	STUDIO 2	11.00-11.30	Lakeside Walk	♥♥	F&W DESK	10am 5th May 2024 Champ Ride 45 £			
11.10-11.55	Advanced Pilates ££	♥♥♥♥	STUDIO 1	12.00-12.45	Pilates Core £	♥♥♥♥	STUDIO 1	11.00-11.45	Masterclass £	♥♥♥♥	STUDIO 2	11am 5th May 2024 Dance £			
14.00-15.30	Long Hike	♥♥♥♥	F&W DESK	13.00-13.30	Gym Intro	♥	GYM	12.00-12.45	Stretch & Flow £	♥♥♥♥	STUDIO 1				
15.00-15.30	Gratitude Walk	♥	F&W DESK	14.00-14.45	The Dog Walk	♥♥	F&W DESK	13.00-13.45	Gym Intro	♥	GYM	Louise Jones			
15.30-16.00	Body Stretch £	♥♥	STUDIO 2	15.00-15.30	Foam Rollers £	♥♥	STUDIO 1	14.00-14.55	Country Hike	♥♥	F&W DESK	4:30pm 7th May Body Stretch £			
16.00-16.30	Gym Intro	♥	GYM	15.30-16.25	Resistance Band Workout £	♥♥♥♥	STUDIO 1	15.00-15.30	Foam Rollers £	♥♥	STUDIO 1	9am 8th May Champ Ride 45 £			
16.00-16.30	Hula Hoop £	♥♥	STUDIO 2	17.00-17.30	Aqua Fit	♥♥♥♥	POOL	15.30-16.00	Body Stretch £	♥♥	STUDIO 1	10am 8th Legs Bums Tums £			
17.00-17.30	Aqua Fit	♥♥♥♥	POOL	17.00-17.45	Rebounding £	♥♥♥♥	STUDIO 2	17.00-17.45	Boxercise £	♥♥♥♥	STUDIO 2				
17.00-17.45	Champ Ride 45 £	♥♥♥♥	STUDIO 2	18.00-18.45	Total Body Workout £	♥♥♥♥	STUDIO 2	18.00-18.55	Restorative Yoga ££	♥	STUDIO 1	Claire Cipollone:			
17.00-17.55	Hatha Yoga ££	♥♥♥♥	STUDIO 1	18.15-18.45	Line Dancing £	♥♥	STUDIO 1					11am 11th May 2024 Kundadance £			
18.00-18.55	Deep Stretch £	♥♥♥♥	STUDIO 1	19.00-19.30	Body Stretch £	♥♥	STUDIO 1					11am 12th May 2024 Breath work £			
19.30-20.00	Line Dancing £	♥♥	STUDIO 2									12pm 12th May 2024 Stretch & Flow £			

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. There is a £3 charge for 30-minute classes and £5 for all other classes with the exception of £8/£20 specialist classes.

Aqua, walks, Gym Intro, Padel Intro, and virtual classes are complimentary. Please note that these classes have a £3 pre-booking fee.

Cancellation or no show to class on the day will result in the relevant £3/£5/£8/£20 charge if class was full. For Club Member booking terms please see the Wellbeing & Fitness Desk/Members App.

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.

Outdoor classes

Outdoor activities require a minimum of 2 participants to take place.

Jason Burch:
9am 18th May 2024 Champ Ride 45£
11am 18th May 2024 Aerobics £
11am 19th May 2024 Cancelled

Kelly Ferguson:
9am 25th May 2024 Champ Ride 45 £
11am 25th April 2024 Power Hoop £
10am 26st April 2024 Champ Ride 45 £
11am 26st April 2024 Power Hoop £

Carlo Williams:
6pm 31st May 2024 Deep Stretch £