

# ACTIVITY SCHEDULE CLASS DESCRIPTIONS

CHAMPNEYS HENLOW

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.

### GYM CIRCUITS ♥♥♥

Combining cardio, strength and flexibility, this station-based class looks to give a workout for the whole body.

### EXPRESS FITNESS ♥♥♥♥♥

30 minute interval training class requiring maximum effort through quick intense bursts of exercise, followed by short recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

### STABILITY ♥♥♥♥

Core-orientated gym class, aimed at challenging your coordination, balance and core strength.

## STUDIO ACTIVITIES

### WAKE UP WORKOUT ♥♥♥♥

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

### CORE FUSION ♥♥♥♥

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

### HULA HOOP ♥♥

It's a fun and easy way to work your core muscles, slim down your waist and tone up the abs.

### 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.

### LEGS, BUMS AND TUMS ♥♥♥♥

Target those problem areas with toning and strength exercises.

### EXPRESS LBT ♥♥♥♥

Condensed version of our LBT class to target the problem areas.

### 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.

### 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.

### FITNESS PILATES ♥♥♥♥

An introduction to Pilates utilising all of the principles and many of the mat work exercises in traditional Pilates.

### 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.

### 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.

### BARRE FUSION ♥♥♥♥

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

### 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.

### 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.

### CHAMP RIDE 30 ♥♥♥♥

All the fun and sweat of a regular class, but condensed into the perfect 30 minutes for those with a busy schedule.

*Best for: all round cardio and strength for those with a busy schedule*

### 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.

### 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 interval training that conditions the whole body. It is fun, it is challenging and it is fast.

### HIIT ♥♥♥♥♥♥

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

### FIGHTING FIT ♥♥♥♥♥

A high energy class that takes you through boxing moves using the disciplines of pad work, shadow boxing, skipping and punch bags.

## ACCOMPANIED OUTDOOR ACTIVITIES

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

### COUNTRY WALKS ♥♥

Join a member of the Wellbeing & Fitness Team for a guided hike around Henlow'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.

### POWER WALKING ♥♥♥♥

An outdoor class designed to turn walking into a workout. Must be able to walk fast.

## 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.

### WATER NETBALL ♥♥♥♥

A fast paced fun game ideal for all ability levels. Minimum 4 people required. Book at Spa Reception.

## 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.

### BODY STRETCH ♥♥

De-stress your body with this 25 minute calming, stretch session.

### 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.

### MIND BODY CALM ♥

Enjoy inner calm as you take the journey to a more relaxed you through guided visualisation and meditation.

### 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 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.

### IYENGAR YOGA ♥♥ £

Taught at a slower pace designed to assist deeper postures using props such as straps, bolsters and blocks. Suitable for beginners through to advanced students. Best for: Preventing injuries and improving posture.

### RELAXATION ♥

Available to help you unwind and put your life into perspective.

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.