



# Sample Day

(Weekday)

7.45am - 8.45am: Morning Walk

10.00am - 10.15am: Morning Mindfulness

10.30am - 11.15am: Strength/Flexibility Class

11.30am-12.00pm: Cardio Class

12.15pm - 12.45pm - Aqua

2.00pm - 2.15pm: Midday Mindfulness

2.20pm - 3.00pm: Afternoon Walk

2.30pm - 3.00pm: Cardio Class

3.15pm - 3.45pm: - Core Class

4.15pm - 5.00pm: Flexibility Class

5.15pm - 5.45pm: Workshop

6.00pm - 6.30pm: Games

8.15pm - 8.45pm: Restorative Entertainment



# Cardio Classes

## HIIT

High Intensity Interval Training. 20 seconds of giving everything you've got, to earn 10 seconds rest in between exercises!

## Indoor Bootcamp

Bootcamp style! Using equipment and body weight moves to challenge your limits.

## Box Fit

Based on the training used for boxing, including skipping, boxing drills, footwork, pad work and abdominal exercises.

## Conditioning

With a range of exercise techniques that includes aerobics, floor work, weights and resistance training, you're guaranteed a varied class that will hit those areas that other workouts miss.

What is cardio?

A cardio based class can be anything that raises the heart rate and gets the lungs working hard.

These sort of classes usually get you breathing fast and feeling sweaty.



# Strength Classes

## Weights

Build strength, endurance and stamina using various equipment, it could be a barbell, dumbbells, kettlebells or plates!

## Core

This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility.

What is Strength training?

Any exercise that causes the muscles to contract against an external resistance.

Expect to feel the burn in the muscles rather than the lungs.

---

# Water based Classes

## Aqua Aerobics

Moving in water allows for less strain on the joints and more mobility to be found. A high cardio, low impact pool party!

What is a water based class?

Aquatic exercise is a low-impact activity that takes the pressure off your bones, joints and muscles. Water also offers natural resistance, which can help strengthen your muscles.

Aqua is for everyBODY!



# Flexibility Classes

## Yoga

Connecting the mind, body and breath, to find balance and harmony with ones self. The practice flows through varying asana that stretch and strengthen, finishing off with a grounding shavasana.

We offer;

YOGA STRETCH- Focusing on stretching the muscles, perfect for beginners or those that want to stretch out with more of a flow

HATHA - A gentle practice.. Great for beginners

VINYASA - A more dynamic flowing practice

## Stretch

Stretching is just as important as cardio and weight training. We work on increasing mobility and flexibly, realigning and releasing tension.

## Pilates

Fundamental Pilates techniques applied to the body to restore alignment and posture whilst finding strength by isolating the muscles.

What is flexibility?

It's about working into a range of movement in the joints and muscles. Lengthening an aligning to allow us to move more freely.



# ADDITIONAL WELLNESS SERVICES

## Mindfulness

Our sessions aim to educate on how different breathing practices and meditations can bring a state of mindfulness and relaxation in just 15 minutes. They are held each day in the Dome.

## Workshops

Our interactive workshops are centered on practical and implementational education. After the workshops, the aim is to give you a foundation of how you could introduce the specific subject into your life.

## 1-2-1 sessions

If classes are not for you, or you feel you need a little extra attention, why not book a 1-2-1 session with one of our wellness coaches?

we offer a range to suit everyone:

- Personal Training
- Wellness coaching
- Mind and Meditation
- Bespoke healing
- Breathwork
- Yoga
- Pilates
- Boxing
- Card readings

## Swimming lessons

Learning to swim is a great way to maintain a healthy lifestyle or learn a new life skill.

## Life coaching

Aiming to motivate and support to create confidence in building goals for the present and the future.

## Sports massage

Manipulation of soft tissue. To assist in correcting problems and imbalances in the body