



K I N S P A  
BODY AND SOUL

## Fitness Classes

All classes are free to Hotel Guests and Kinspa Members during the hours applicable to your Membership Category.

Classes for non-members - £5.00

All classes must be booked in advance – directly at Kinspa Reception or by calling 01745 822659

DAY	TIME	CLASS
Monday	9.30am – 10.15am	Box Fit
	10.30am-11.15am	HIIT Circuits (Intermediate/Advanced)
	6pm – 6.45pm	HIIT Circuits (Advanced)
	7pm – 7.45pm	Box Fit
Tuesday	9.30am – 10.15am	HIIT Circuits (Advanced)
	10.30am-11.15am	Box Fit
	6pm – 6.45pm	Circuits (Beginner/Intermediate)
	7pm – 7.45pm	Stretch & Flex
Wednesday	9.30am – 10.15am	Circuits (Beginner/Intermediate)
	10.30am-11am	Core Conditioning
	6pm – 6.45pm	Circuits (Advanced)
	7pm – 7.45pm	Legs, Bums & Tums
Thursday	9.30am – 10.15am	HIIT Circuits (Advanced)
	10.30am-11.15am	Stretch & Flex
	6pm – 6.45pm	Box Fit
	7pm – 7.45pm	Stretch & Flex
Friday	9.30am – 10.15am	Circuits (Beginner/Intermediate)
	10.30am-11am	Core Conditioning
	6pm – 6.45pm	Circuits (Advanced)
	7pm – 7.45pm	Legs, Bums & Tums
Saturday	10am – 11am	Boot Camp

## Personal Training Fees

Payment Scheme	One to One 60 min	One to One 30 min	Group 60 min 2-4 people	Group 30 min 2-4 people
Single session	£30	£20	£50	£35
10 sessions	£250	£180	£450	£320
30 sessions**	£600	£420	£1,050	£840

## Class Specifications

Class	Description
<b>Box Fit</b>	Like Boxercise, but with a twist! Excellent for both fat burn and cardiovascular fitness – gloves and pads provided.
<b>Stretch &amp; Flex</b>	This class aims to supplement and develop muscular flexibility/strength and aid mobility – perfect for getting rid of any aches/pains.
<b>HIIT Circuits (Advanced)</b>	High intensity interval training (HIIT) involves intense bouts of exercise with sufficient rest in-between. This class aims to burn fat, increase cardiovascular health and push yourself beyond your thresholds!
<b>Circuits (Beginner/Intermediate)</b>	Whether you are a complete beginner or just starting to get into the swing of things, this class is perfect for a moderate workout, enabling you to work at your own rate whilst still having effect.
<b>Core Conditioning</b>	A complete core/abdominal workout aimed at increasing core strength.
<b>Legs, Bums &amp; Tum</b>	Legs, Bums & Tums targets the common problem areas, incorporating a mixture of abdominal workouts, stretches and exercises for the legs, thigh's, buttocks and stomach. A conditioning, low impact class focusing on re-shaping the lower body.
<b>Boot Camp</b>	Boot camp is an intense class aimed at pushing your limits. Perfect for cardiovascular fitness and something new!

### \*\*Buy 30 sessions get 2 free sessions

Please note, the PT packages are a one-off payment made prior to your Personal Training commencing. Each Personal Training package includes personalised goal setting, reward incentives, professional guidance for nutrition and exercise and most importantly, motivation!

### Cancellation & Amendments

You may change the time and/or date of your booking, provided 48 hours' prior notice is received. Cancellations made within less than the notice required, will be charged 100% of the cost of the personal training session. All personal training package payments are strictly non-refundable.

### Late Arrival

Late arrival will simply result in your personal training session being cut short.

### Medical Conditions

In some cases, your Personal Trainer may require a GP note to commence an exercise programme with you, prior to your first session.