



K I N S P A

BODY AND SOUL

FITNESS CLASSES

DAY	TIME	CLASS
Monday	9.30–10.15am 5.30 – 6pm	Circuit Training Cardio Shape
Tuesday	9.30–10.15am 6–6.45pm 7–7.45pm	Tummy tightener Legs, Bums & Tums Body Combat
Wednesday	9–9.45am 5.30–6.15pm 6.30–7.15pm	Legs, Bums & Tums Tummy Tightener Circuit training
Thursday	9.30-10am 6–6.45pm 7–7.45pm	Cardio Shape Body Tone Balance & Co-ordination
Friday	9.30–10.15am 10.30–11.15am	Body Tone Body Combat
Saturday	8.15-9.15am	Bootcamp
Sunday	9.30-10.15am	Balance & Co-ordination



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CLASS DESCRIPTIONS

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Balance & Co-ordination	This workout will improve your agility, balance and co-ordination, and quicken your reflexes, whilst building strength & toning your muscles.
Body Combat	You will punch and kick your way through calories to a leaner, healthier, fitter body. This energetic class is influenced by martial arts such as Karate, Boxing and Taekwondo. Unleash your inner warrior!
Body Tone	Aimed at toning and sculpting your body to the shape and proportion you desire. Using conditioning type exercises, we'll have you dropping the fat and shaping your muscles in no time!
Bootcamp	If you're looking for a total body workout that will help tone your body and burn fat, this is the class for you. The exercises help boost your strength and endurance. This is a high intensity class that will be sure to get your heart rate up and help to improve your fitness.
Cardio Shape	The perfect combination of cardiovascular activity and strength training. Exercises target the major muscle groups to sculpt and tone.
Circuit Training	Circuit training is one of the most effective training workouts. A combination of aerobic and toning exercises to help strengthen, improve cardio fitness & muscle tone.
Legs, Bums & Tums	Targeting the common problem areas, incorporating a mixture of stretches and exercises for the legs, buttocks and stomach.
Tummy Tightener	This class concentrates on the core muscles surrounding the abdominal area and the lower back, to strengthen, tone and tighten.

- All classes are free to Kinspa members & Hotel residents. Non-members - £5.00 (payable at the spa reception).
 - All classes must be booked in advance, at the spa reception.
 - Please note; a minimum of 2 persons must be booked to participate, for a class to run.