



Fitness Classes

All classes must be pre-booked at least 24 hours prior through Kinspa Reception

Call **01745 822659** or email spa@kinspa.co.uk

DAY	TIME	CLASS
Monday	10.30am – 11.15am 6pm – 6.45pm	HIIT Circuits Power Yoga
Tuesday	10.30am to 11.15am 6pm – 6.45pm	Power Yoga High Intensity Interval Training (HIIT)
Wednesday	10.30am – 11.15am 6pm – 6.45pm	HIIT Circuits Legs, Bums & Tums
Thursday	10.30am – 11am 5.30pm – 6pm 6.30pm – 7.15pm	Core Conditioning Box Fit Power Yoga
Friday	10.30am – 11.15am 5.30pm – 6.15pm	Body Conditioning HIIT Circuits
Saturday	9.30am – 10.15am	Run Club

All classes are free to Kinspa Members & Hotel Guests - Non-Members £5.00

Effective from: **April 2017**

Core Conditioning	Core stability is vital to fitness & wellbeing. This class will help strengthen your obliques and abdominal muscles, as well as improve your stability.
Core Power	Hitting abs, obliques, chest, upper back and arms. This will also increase stability and increase strength in your core.
Power Yoga	Each Power Yoga class is suitable for all levels. The style of Yoga we teach is energetic and playful, with a strong emphasis on breath. It allows beginners, intermediate and advanced participants to be challenged in the same class.
Body Conditioning	An overall body workout which also targets problem areas, combining strength and tone with aerobic exercises.
Legs, Bums & Tums	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.
HIIT	High Intensity Interval Training alternates between short high intense activity and lower intense recovery periods. This workout provides improved athletic capacity and condition, improved glucose metabolism and improved fat burning.
Box Fit	This is like Boxercise with a twist. Excellent for fat burning!
Power Stretch	A gentle class with a more relaxed approach to getting fit, with the opportunity to exercise core muscles, improve posture and tone, using strengthening and stretching techniques.



Personal Training Selector

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
20 sessions*	£440	£320	£800	£600
30 sessions**	£600	£420	£1,050	£840

***Buy 20 sessions get 1 free session **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.