

DAY	AM CLASS	TIME	STUDIO	PM CLASS	TIME	STUDIO
<b>MON</b>	HIIT Circuits	0645-0715	Studio1	Coaches Workout	1730-1800	Studio1
	Sprint Spin	0845-0915	Spin Studio	Legs, Bums &	1815-1900	Studio1
	Kettlebells	0930-1015	Studio1	Tums	1915-2015	Studio1
	Pilates	1030-1130	Studio1	Yin & Sound Yoga		
	Tai Chi	1145-1245	Studio1			
<b>TUE</b>	LesMills BodyCombat	0645-0730	Studio1	Build & Burn	1730-1815	Studio1
	**Run Club	0700-0745	Resort	Kettlebells Yin	1830-1915	Studio1
	Arms & Abs	0845-0915	Studio1	Flow Yoga	1930-2030	Studio1
	Spin	0930-1015	Spin Studio			
	Stretch & Strength Yoga	0945-1015	Studio1			
Hatha Flow Yoga	1030-1130	Studio1				
<b>WED</b>	LesMills BodyPump	0645-0730	Studio1	Spin	1815-1900	Spin Studio
	MetaFit	0845-0915	Studio1	Sunset Yin Yoga	1800-1900	Studio1
	Strength &	0930-1015	Studio1	Pilates	1915-2015	Studio1
	Conditioning	1030-1130	Studio1			
	Pilates	1200-1300	Studio1			
Stretch Flow Yoga						
<b>THUR</b>	Spin	0645-0730	Spin Studio	Yin & Yang Yoga	1745-1845	Studio1
	HIIT Circuits	0845-0915	Studio1	BoxFit	1900-1930	Studio1
	Legs, Bums &	0930-1015	Studio1			
	Tums	1030-1130	Studio1			
	Pilates	1030-1115	Resort			
**Run Club	1230-1330	Studio1				
Tai Chi						
<b>FRI</b>	Arms & Abs	0645-0715	Studio1	Circuits	1815-1845	Studio1
	Build & burn	0830-0915	Studio1			
	*VLesMills BodyCombat	0930-1030	Studio1			
	Spin	0930-1015	Spin Studio			
	Strength & Conditioning	1030-1100	Studio1			
Holistic Yoga Flow	1115-1215	Studio1				
<b>SAT</b>	**Run Club	0715-0800	Resort			
	BoxFit	0815-0845	Spin Studio			
	LesMills BodyPump	0800-0900	Studio1			
	Open gym – Learn to lift	0915-1015	Gym Floor			
Spin	0915-1000	Spin Studio				
<b>SUN</b>	Arms & Abs	0715-0745	Studio1			
	HIIT Circuits	0800-0830	Studio1			
	Legs, Bums & Tums	0845-0930	Studio1			

Book classes via the Cameron House MyWellness App.



## CLASS DESCRIPTIONS

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**BODYPUMP™** is THE ORIGINAL BARBELL CLASS™ is the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout.

**BODYCOMBAT™** is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

**Legs, Bums & Tums** is a popular fitness class and workout style focusing on toning the glutes (bum), thighs (legs), and abdominals (tums) through a mix of aerobic and strength exercises.

**Kettlebells** is a high-intensity-ballistic workout that can help meet your toughest fitness goals. It combines functional, compound exercises such as the swing, the clean and the press which will work multiple muscle groups. You will develop strength, muscular endurance, flexibility and cardiovascular conditioning through this ultimate momentum-based workout.

**Strength & Conditioning** works you through a series of stations where you will experience full body conditioning to give your body an overall workout.

**Abs & Arms** is a short session focusing on core work, strengthening your arm muscles, and growing your bicep and tricep muscles. Say goodbye to flabs and hello to abs!

**Spin & HIIT Spin** is the traditional indoor studio cycling experience on a stationary bike. Pedal your way through the ultimate calorie burner with motivational instructors and great tunes to keep you going!

**HIIT** is a type of interval training exercise. It incorporates several rounds that alternate between several minutes of high intensity movements to significantly increase the heart rate to at least 80% of one's maximum heart rate, followed by short periods of lower intensity movements. **Circuits:** 45 min version of this class.

**Pilates** strengthens the body, with an emphasis on core strength. Similar to Yoga, Pilates concentrates on posture, balance and flexibility. In Pilates, the chance of injury is much lower than with other more strenuous forms of exercise. Pilates also focuses on the mind-body connection. While doing the various exercises your mind needs to be constantly aware of your breathing and the way your body moves.

**Yoga** is a mind and body practice. **Hatha Flow Yoga** involves an hour of breathing, yoga poses, stretching and meditation. In **Power Flow Yoga**, you'll work your whole body from top to toe and may even turn your world upside down! **Yin Flow Yoga** is slower and more meditative than usual, to leave you feeling totally relaxed.