

Fitness Classes

THE LIFE FITNESS GYM IS OPEN
AND FREE FOR RESIDENTS FROM
7AM-10PM DAILY.

THE HEADLAND *Spa*

	What?	When?	Where?
Monday	CIRCUITS	6pm – 7pm	Meet at The Spa Reception by 5:50pm

CIRCUITS with Nick free for members and guests, £5 for non-residents

Circuit training is a method of resistance training, or weight training, that maximizes the volume of work one in a short period of time. Circuit training is a great tool to use for people who are interested in weight loss, muscle gain and overall strength increases.

Spaces on all classes are limited so call The Spa on 01637 870200 or pop down to The Spa Reception to book your place.