



GROUP EXERCISE TIMETABLE

15th April - 28th July

CAMERON HOUSE
ON LOCH LOMOND

2024

DAY	AM CLASSES	TIME	STUDIO	PM CLASSES	TIME	STUDIO
MON	Strength & Conditioning	0645-0730	Studio 1	Spin	1830-1915	Spin Studio
	Kettlebells	0930-1015	Studio 1	LesMills BodyPump™	1815-1915	Studio 1
	Pilates	1030-1130	Studio 1	Legs, Bums & Tums	1930-2000	Studio 1
	Tai Chi	1145-1245	Studio 1			
TUE	Legs, Bums & Tums	0645-0715	Studio 1	Metafit	1800-1825	Studio 1
	Strength & Conditioning	0930-1015	Studio 1	LesMills BodyCombat™	1830-1920	Studio 1
	LesMills Virtual Spin	0930-1015	Spin Studio	Yin Flow Yoga	1930-2030	Studio 1
	Hatha Flow Yoga	1030-1130	Studio 1			
WED	Kettlebells	0645-0730	Studio 1	Spin	1730-1800	Spin Studio
	LesMills BodyPump™	0915-1015	Studio 1	Outdoor Bootcamp**	1815-1900	Front Lawn
	Pilates	1030-1130	Studio 1	Pilates	1915-2015	Studio 1
	Tai Chi	1145-1245	Studio 1			
THU	Metafit	0700-0730	Studio 1	Yoga	1745-1845	Studio 1
	Spin	0930-1015	Spin Studio	Spin	1900-1945	Spin Studio
	Arms & Abs	1020-1050	Studio 1	LesMills BodyPump™	1900-1945	Studio 1
FRI	Arms & Abs	0700-0730	Studio 1	Strength & Conditioning	1815-1900	Studio 1
	LesMills BodyCombat™	0930-1030	Studio 1			
	V LesMills BodyBalance™	1035-1105	Studio 1			
	Yoga	1115-1215	Studio 1			
SAT	Metafit	0730-0800	Studio 1	Arms and Abs	1800-1830	Studio 1
	LesMills BodyPump™	0900-1000	Studio 1			
	Spin	1015-1100	Spin Studio			
SUN	Outdoor Bootcamp**	0815-0900	Front Lawn	Metafit	1300-1330	Studio 1
	LesMills BodyCombat™	0930-1030	Studio 1	Kettlebells	1800-1845	Studio 1

Book classes via the Cameron House MyWellness App by scanning the unique QR code



Access code: cameron
(all lower case)



2 hour yoga workshop every month - 12th May, 9th June, 7th July & 4th August

**Outdoor Bootcamp is subject to weather conditions; in case of inclement weather, a Strength & Conditioning class will be held instead.

CLASS DESCRIPTIONS

BODYPUMP™ (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.

BODYBALANCE™ is a new generation yoga class for all that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. ****VIRTUAL CLASS****

Metafit is a high intensity interval training (HIIT) workout. 30 minute, non-choreographed, bodyweight only workouts that set the metabolism on fire.

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.

Lochside bootcamp is an outdoor workout involving a combination of cardiovascular training and weight training. You'll be running, doing bodyweight exercises and using free weights – prepare for all weather conditions for the ultimate calorie burner!

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

Core Blast is a short 25-30 min class focusing on core strength and conditioning.

Abs & Arms is a short 30 min class focusing on core work and strengthening your arm muscles, and growing your bicep and tricep muscles. Say goodbye to flabs and hello to abs!

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!

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.

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.

Tai Chi (TIE-CHEE) is an excellent way to reduce stress. Originally developed for self-defence, Tai Chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements.

****LesMills Virtual™ classes**** available on request at leisure reception. Classes include Virtual RPM™, Virtual Sprint™, Virtual BodyPump™, Virtual BodyCombat™, Virtual BodyBalance™ and Virtual Sh'Bam™.