



# fitness sessions with andi

Looking to kickstart your wellness journey?  
Andi will be running a number of different  
classes, complimentary to all spa members.

Classes include:

## No-weights circuits

Bodyweight only. Basic and controlled movements improving your functional fitness.

## Weighted workout

Low-impact class with a combination of cardio and weights. Designed to improve your overall wellbeing.

## Legs, bums & tums

Suitable for all fitness levels. Designed to tone your legs, glutes and abs.  
Helping you get fitter and improve your athleticism.

Every Tuesday at 9am & 10am  
Every Wednesday at 8am & 9am

## HIIT workout

High Intensity Interval Training. A workout alternating short periods  
of intense exercise with brief recovery periods.

Every Friday at 8:30am & 9:30am

All classes are 45 minutes long and rotate on a weekly basis.  
Limited to 12 guests per session.

Contact spa reception to book  
[info@bishopstrowspa.com](mailto:info@bishopstrowspa.com) | 01985 804680