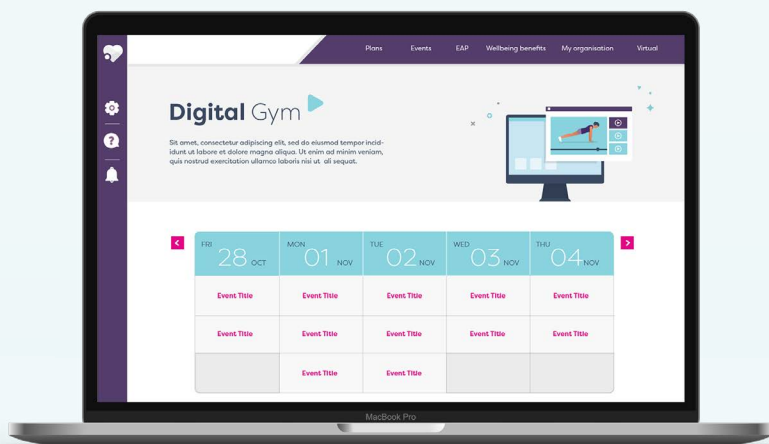


# Digital Gym

Access High Quality, Expert  
Gym Content on your dedicated  
Health and Wellbeing Platform.



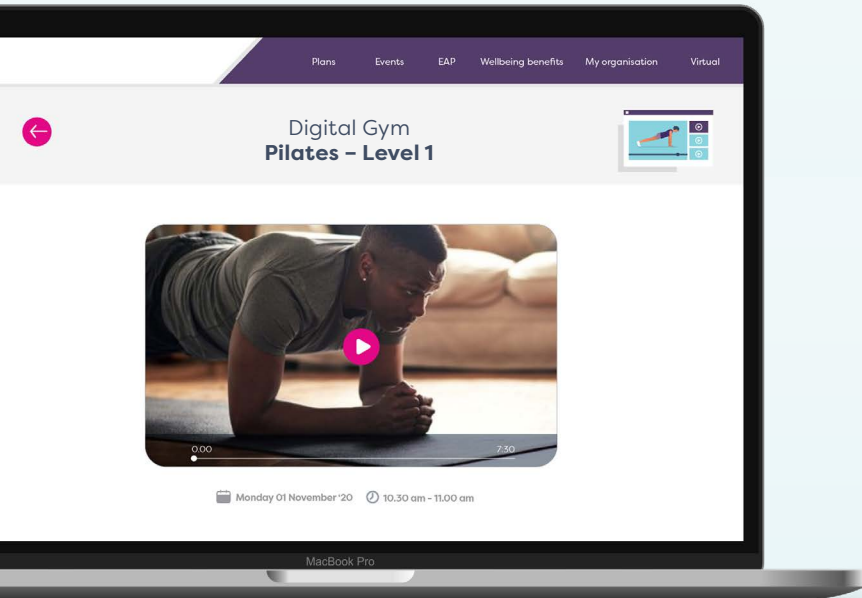
# Digital Gym



**With gyms remaining closed and with potential health concerns in attending them, this programme gives you access to a daily gym class schedule straight from the comfort of your home.**

Our Digital Gym gives you access to live and on demand fitness classes, with a weekly schedule to choose from. All classes are delivered by experts who will demonstrate a safe and maintainable way to tackle fitness at home.

Our team of wellbeing experts are passionate about health & fitness. All of our coaches are handpicked and all come from a wide spectrum of expertise, reflecting the diversity of different sports and exercises around.





# July Weekly Schedule

Here, you will be able to take part in a variety of classes every week each lasting 30-45 minutes.

**You can see the full schedule for July here:**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>08:00</b>	Pilates Intermediate & Advanced	Morning Quick HIIT	Wake Up Yoga - All Levels	Morning Mindfulness	Family Fitness
<b>11:00</b>	Pregnancy Pilates	Mobility & Flexibility	Pilates for Beginners		Exercise for over 50s
<b>12:00</b>					
<b>13:00</b>	Quick HIIT & Abs	Desk Yoga			
<b>17:00</b>	Home Gym - Dumbbells	Pilates for Runners & Cyclists	Dance Fit- Movies, Musicals 90s, 00s)	Combat Fitness Advanced	Zone Out Yoga
<b>18:00</b>	Wk1 Guest Training - Niamh Cullen Wk2 - Yoga All Levels	Combat Fitness All Levels	Pilates Intermediate & Advanced	Bodyweight Strength	



# Description of classes

## **Guest Trainer – Dance Aerobics with Niamh Cullen**

Fitness Coach and influencer Niamh launched the Monday Club in January 2021. 'The feel good workout club' that focuses on bringing positivity to people's day through bright colours, fun music and expressive movement.

## **Pilates Intermediate & Advanced**

This class will work on improving posture, balance, and core strength while burning calories in the process! Pilates is the perfect accompaniment to any other type of sport or exercise. This class is programmed for intermediate and advanced levels, so if you are new to Pilates classes please check out our Pilates for Beginners class.

## **Pregnancy Pilates**

Prenatal and Postnatal Pilates classes designed for all stages of your pregnancy. We encourage all women at any stage of their pregnancy to join in and get some precious self-care time with their baby bump! Designed to improve posture and engage the deep muscles of the core.

## **Quick HIIT & Abs**

High Intensity Interval Training or 'HIIT' classes are scientifically proven to jump start your metabolism and help you lose weight and become leaner. This class is structured around quick bursts of effort followed by recovery periods using a variety of challenging but fun exercises. It finishes with a quick blast of abdominal and core exercises.

## **Home Gym – Kettlebell**

The kettlebell is arguably the most versatile piece of fitness equipment out there. You can take it anywhere to exercise, and no matter what your fitness goal, the kettlebell will challenge you. Join us for our weekly full body kettlebell workout.

## **In the Kitchen**

Join us from in the kitchen to learn all the top tips, tricks, and skills to preparing and cooking great meals and snacks that will help you manage your energy and support your health and fitness goals.

## **Morning Energy HIIT**

Take ownership of your day and enjoy the power of your natural energy and endorphins! A quick intense workout aimed to increase your heart rate, stamina, and lung capacity and burn calories. Covering all body areas this is suitable for all levels of fitness



## **Mobility & Flexibility**

Whether your aim is to lose weight, relax, reduce your stress levels, improve your flexibility, or simply boost your energy levels, this class will help you in achieving your health & fitness goals. Restore the natural length of your muscles and prevent your joints from being jammed from stress and prolonged working positions

## **Desk Yoga**

Working from home means we do not get to break away from our working postures as much as we used to in the office. Prolonged poor positions accumulate and lead to soreness and pain in the joints and muscles around these joints. Quick exercises at your desk can help keep these aches and pains away.

## **Pilates for Runners & Cyclists**

Calling all runners and cyclists. Picking up an injury that stops your sport routine can impact you physically but also mentally. That is why you should consider adding Pilates into your training routine. Pilates exercises do not just target the abdominals, but also the deep core muscles that support your spine and activate the other commonly neglected muscles in runners and cyclists such as the glutes and inner thighs. As a result, you build greater core strength and control, which leads to improved posture and a more efficient technique, helping prevent injuries and achieve faster times!

## **Combat Fitness**

A boxing-inspired cardio workout using high energy bodyweight exercises to release endorphins and get an enjoyable sweat on! Not only is this a great stress-reliever, but also helps keep your heart and lungs in tip-top shape.

## **Wake Up Yoga – All Levels**

It is time to roll out of bed and on to your yoga mat and discover these hugely beneficial combinations of physical and mental exercises. Yoga can be enjoyed by everyone. Whether your aim is to tone up, relax, reduce your stress levels, or simply boost your energy levels, you will enjoy it! You will learn how to strengthen, tone, and relax your body whilst quietening your mind. This class caters for beginners and for those who are more experienced and advanced.

## **Pilates for Beginners**

If you are new to Pilates, we want to take the opportunity to ensure you enjoy your first experience. This class will coach you through learning the exercises that strengthen the core muscles of the hips, lower back, and deeper abdominals.



## **Dance Fit**

Dancing (around your kitchen) improves our wellbeing by boosting our mood and increasing blood flow to the body and brain. It also burns a lot of calories and is a super fun way to exercise!

## **Morning Mindfulness**

Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing. Becoming more aware of the present moment can help us enjoy the world around us more and understand ourselves better. This class is a great opportunity to give yourself that time and practice becoming more comfortable in the present moment.

## **Bodyweight Strength**

Our bodyweight strength class will focus on using your own bodyweight to create time under tension to stress your muscles. This stress burns up a lot of calories, but also due to the intensity of the exercise bouts you will be burning up calories for hours after you are finished! Bodyweight strength training is a super tool for not only becoming stronger, but leaner too.

## **Family Fitness**

A great way to begin the morning and get the energy and smiles for a Happy Friday. Fun, engaging and exercises that the whole family can do!

## **Exercise for Over 50s**

This is the first of our 'Exercise for Over 50s' classes. Depending on our age, our body adapts differently to exercise. As we move through the decades of our life, it is important to focus on the right type, frequency, and intensity of exercise we perform. This class will teach the correct techniques to perform the most important functional movements of the body, while getting the heart rate up at the same time.

## **Zone Out Yoga**

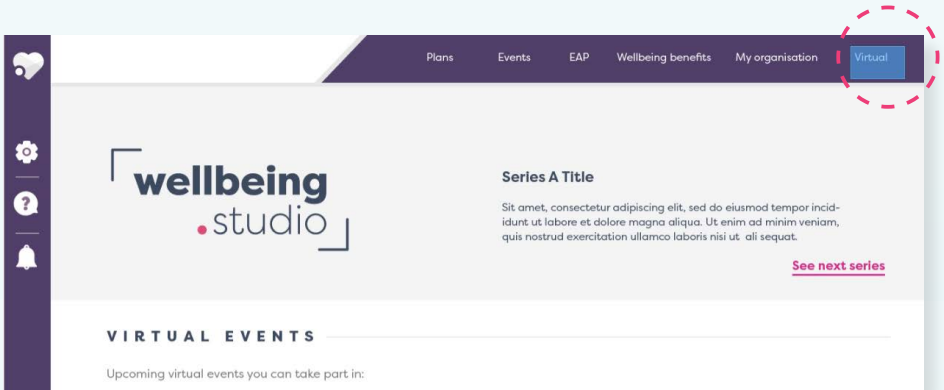
In Yin you can hold postures from 3 - 5 minutes at a time, usually with your eyes closed. This 'me' time is a great way to reflect and meditate and break out of those unhelpful postures. This class is the perfect body balancer for a busy and active life.

# How to Access the Digital Gym

You will be able to see a full schedule of classes on your Health and Wellbeing Platform. Here you can view recorded classes that have happened in the past.

1. Go to [app.spectrum.life](https://app.spectrum.life)

2. Sign in using your username (email) plus password or valid organisation code available from your HR team lead ((if this is your first time accessing the platform). The top navigation will contain the Digital Studio with drop down for the Digital Gym.





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