

## Wellness Day

Saturday 27th September  
08:00-15:00

FREE to members!

### Studio 1

**Meditation**  
08:00-09:00

**Health Tai Chi**  
09:15-10:15

**Yoga Eco Nidra**  
10:30-11:30

**Sound Bath**  
11:45-12:45

### Gymnasium

**Pilates -  
Core & Strength**  
09:00-10:00

**Pilates -  
Mobility & Flexibility**  
10:15-11:15

**Vinyasa (Dynamic) Yoga**  
11:30-12:30

**Body Balance**  
12:45-13:45

### Studio 2

**Meditation**  
09:00-10:00

**Seated Yoga**  
10:30-11:15

**Seated Pilates**  
11:45-12:30

**Seated Health Tai Chi**  
12:45-13:30

*A series of  
seated classes  
designed to be  
accessible &  
beneficial!*

### Swimming Pool

**Water Sound Bath**  
14:00-15:00

*Lay on top of the  
water & immerse  
yourself in meditative  
sound waves*

### Sports Hall

**Wellbeing Workshop:  
Emotional Wellbeing**  
09:15-10:15

**Wellbeing Workshop:  
Burnout**  
10:15-11:00

**Wellbeing Workshop:  
Fuel for Life**  
11:00-12:00

*Enjoy FREE food  
throughout the event!*

*\*Available to members booked  
onto a Wellness Day activity*



#### Book Online!

Available to Members to  
book from 15<sup>th</sup> August

Available on a PAYGO basis  
from 12<sup>th</sup> September

*A guided  
meditation  
session laying  
comfortably in  
savasana*