



FIT FEST WEEKENDER – Village Hotel & Club, Centre Park, Warrington, WA1 1QA

FULL TIMETABLE OF EVENTS

FRIDAY 5TH OCTOBER 2018 – CHECK-IN FROM 3PM

6PM-7PM

INSPIRATION SUITE 3 with Carly McKay & FIT FEST TEAM

Registration & welcome to the FIT FEST WEEKENDER! You WILL need to collect your wristband BEFORE you attend any sessions PLUS you'll have your allocated session tickets which you can swap on the day with each other if you want to. ALSO we will have your pre-ordered FIT AS FUNK hoodies & vests to collect AND Annaleah will be here Friday evening with her Zumbawear collection!



7.15PM-8PM

STUDIO 1

GLOW FIT PARTY presented by Ellen Murray & Emma from Heatone Fitness

The ultimate rave night on a school night! A fun-filled dance aerobics style workout to the ultimate 90's classic Old Skool dance tunes. It's in the dark using flash glow sticks so you can totally let loose & bring out your inner raver!

Intensity level – high

8.30PM-9.15PM

THE POOL

AQUA FIT POOL PARTY with Carly McKay

Let's get the party started with our super fun pool party! Get the heart rate up & work your whole body with a conga & a shimmy to some of the best pop & disco tunes ***Intensity level – what you make it!***



SATURDAY 6TH OCTOBER 2018 – HOTEL BREAKFAST SERVED FROM 7.30AM-10AM – CHECK-IN FROM 3PM (you can leave luggage in Inspiration Suite 3)

FROM 7AM-9AM

INSPIRATION SUITE 3 with Carly McKay & FIT FEST TEAM

Registration & welcome to our Saturday guests!

There is a Starbucks onsite for any required wake-up beverages & you WILL need your wristband BEFORE you attend any sessions

8AM

THE POOL

Aqua Zumba – presented by ZIN Ollie Anwyl

WAKEY WAKEY! Taking the party to the POOL, just add water & shake! Bring on the Latino vibes, add the water resistance & you've got a super fun fat-blasting workout to the great music that you know & love! ***Intensity level – medium***

9.30AM

INSPIRATION SUITE 1 (upstairs to the left of reception as you face it)

Bolly-Bhangra Mashup – presented by Aaron Bradley-Bevan, Unicorn Fitness

Bring on the Eastern vibes, blast your core & tone your arms, legs & bum with this super sassy Bollywood Bhangra style dance mashup, bindis & shimmy belts at the ready! ***Intensity level – medium***

STUDIO 3

Core Crazy – presented by Katie Bebbington, Chester Boot Camp Ltd

Blast your core with this functional 'feel the burn' session designed to target the deep core muscles & burn body fat ALL DAY ***Intensity level – high***

SQUASH COURT

Boogie Bounce – presented by Carly McKay, Chester Boot Camp Ltd

A complete exercise programme on a mini trampoline, choreographed to chart topping inspiring music which includes an extremely effective cardio section so every muscle in the body is worked (you need grippy socks – we will have some for you to borrow) ***Intensity level – high***



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10.45AM

SPIN STUDIO 2

DANCE THRU THE DECADES SING-ALONG SPIN – presented by Carly McKay, Chester Boot Camp Limited

A fat blasting nostalgia trip with this SING-ALONG session, targeting lower body muscles plus core through standing cycles you'll feel the burn whilst challenging those vocal chords singing along to your favourite old school songs!

Intensity level – medium-high

STUDIO 3

It's Showtime – presented by Antony Robinson

Are you ready to take your workout to the next level? Bring out your Greatest Showmen, have The Time of Your Life with All That Jazz & party hard through this fun cardio session, dancing to some of the most iconic show & movie tunes EVER

Intensity level – medium-high

SQUASH COURT

Boogie Bounce – presented by Katie Bebbington, Chester Boot Camp Ltd

A complete exercise programme on a mini trampoline choreographed to chart topping inspiring music which includes an extremely effective cardio section so every muscle in the body is worked

Intensity level – high



12PM

STUDIO 1

Zumba Fitness PARTY – presented by Zin’s Carly McKay & Antony Robinson

Latin inspired dance party that needs NO introduction – dance like no-one’s watching to some super silly world music & smile smile smile!

Intensity level – medium-high

STUDIO 3

POUND FIT presented by Aaron Bradley-Bevan, Unicorn Fitness

Release your inner rockstar with this intense conditioning session, using weighted drumsticks to beat your own rhythm you will squat, lunge & BLAST your core to classic & new rock music

Intensity level – medium-high

1PM – 75 MIN BREAK FOR LUNCH – included & served in Inspiration 3

2.15PM

STUDIO 1

Strutology – presented by Carly McKay, Chester Boot Camp Ltd

A lesson in Strutology to find your inner diva & show off your assets with this fabulously fun dance sesh. Class is taught IN TRAINERS – NO HEELS (due to the studio floor) however DO you need to bring your sassiest attitude & be ready to work it in the Strut Off at the end of the session – ***Intensity level – low - medium***

STUDIO 3

Barre Fitness – presented by Ollie Anwyl

Feel the beautiful burn, using the principles of ballet training to target & train key muscle groups this workout will use basic ballet moves to power up your body through a new way of working. NB: Class includes optional weights & mat work ***Intensity level – medium***



3.30PM

STUDIO 1

Zumba Sentao – presented by ZIN Aaron Bradley-Bevan

Sentao® combines the fun, high energy, easy-to-follow Latin dance party you know & love with strength & resistance training, using a chair as your dance partner. A high intensity workout that focuses on defining your muscles, while giving you the feel-good factor & massive smile you expect leaving a Zumba Fitness class! *Intensity level – medium-high*

STUDIO 3

Pilates Flow – presented by Martin Jensen

Classic Pilates exercises and modern functional moves put into small sequences and flowing throughout to give you a great core strength and stretch Pilates workout *Intensity level – medium-high*

SQUASH COURT

Combat Smash – presented by Katie Bebbington, Chester Boot Camp Ltd

Fast paced & fat BLASTING get your blood pumping with this super combat circuit targeting your fabulous BOOTY, legs & tums! *Intensity level – high*

4.45PM – last class of the day

STUDIO 1

Clubbercise – presented by Martin Jensen

Raving and behaving! Club tunes! Disco lights! Lasers! Glow sticks! Easy to follow fun routines. It's a night out clubbing without the hangover (that's tomorrow!) *Intensity level – medium-high*

STUDIO 3

STRONG by Zumba™ – presented by ZIN Helena Roulston

STRONG by Zumba™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music & moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster – feel the burn whilst having SO MUCH FUN! *Intensity level – high*



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ABBA TRIBUTE & DANCE THRU THE DECADES PARTY NIGHT STARTS WITH DRINKS FROM 7PM IN INSPIRATION SUITE 1 (upstairs to the left of reception) WITH A YUMMY 3 COURSE MEAL SERVED 8PM, A COMPLIMENTARY JUG OF COCKTAIL PER TABLE & DANCING 'TIL (very) LATE!

The party night starts with a live singing ABBA tribute act & then the DJ plays music from the decades with the singers having decade costume changes throughout! Fancy dress is of course **OPTIONAL** & you must be comfortable, feel **FAB** & be ready to have **A GREAT TIME!** Pick a decade & go for it!

Let's make this a party night to REMEMBER!

Please take LOTS of photos & tag us in on Facebook & Twitter @ChesterBootCamp #FitFest #FitAsFunk

Do add Carly's & Katie's mobile numbers to your phone so you can call if you have any questions throughout the weekend

Carly 07712538492

Katie 07745852510



SUNDAY 7th OCTOBER 2018 - HOTEL BREAKFAST SERVED FROM 7.30AM-10AM – ROOM CHECK-OUT 11AM

9.45AM

STUDIO 1

Spirals 'wake-up' – presented by Carly McKay, Chester Boot Camp Ltd

Awaken & energise, sculpt, tone & strengthen your body with this amazing blend of Yoga, Spirals & Pilates! With both yin & yang to revitalise your body, balance sequences to challenge your core & a gorgeous energising stretch, this will be the PERFECT wake-up!

Intensity level – low

STUDIO 3

Reggaeton Remix – presented by Aaron Bradley-Bevan, Unicorn Fitness

Bringing together two amazing flavours of music in this high energy, super funky class with the fabulous Aaron!

Intensity level – medium-high

11AM

STUDIO 1

POUND FIT presented by Hayley Astle

Release your inner rockstar with this intense conditioning session, using weighted drumsticks to beat your own rhythm you will squat, lunge & BLAST your core to classic & new rock music

Intensity level – medium-high

STUDIO 3

The Accumulator – presented by Katie Bebbington, Chester Boot Camp Ltd

Body weight exercises for maximum all over fat burn, simple yet effective – you will feel amazingly ENERGISED after this class

Intensity level – high



12.15PM

STUDIO 1

Zumba Fitness PARTY – presented by the Zin Team!

Latin inspired dance party that needs NO introduction – let's end the weekend in style! Dance like no-one's watching, blast away the party night calories & smile smile smile!

Intensity level – medium-high

1.15PM

STUDIO 1

FAREWALL with The FIT FEST Team & Presenters

A quick summary of the weekend with your valued feedback PLUS the chance to re-book for next year!

www.fitfest.co.uk