



ANY BODY ACTIVE

A range of activities for the fitness and wellbeing
of *all* Members



Free fitness programme

Visit one of the Gym Team
for a free personalised
fitness programme

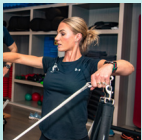
designed to suit your individual
health and fitness requirements.



Swimming

Swimming improves
cardiovascular health
and muscle strength

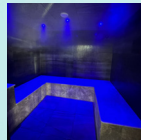
without placing undue pressure on
the joints while improving flexibility
and range of motion.



Personal training

Our team of personal
trainers are committed
to helping you achieve

your goals and acquire a greater
understanding of your own body, its
strengths and limitations.



Sauna and steam room

Spending time in the
sauna or steam room can
help loosen stiff joints,

reduce inflammation, reduce stress
and promote cardiovascular health.



Pickleball

Lower-impact than tennis,
pickleball can improve
balance, coordination,

strength and cardiovascular health.

Try one of the various sessions
throughout the week.



Over 60s Padel Tennis

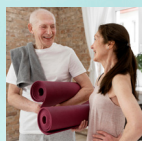
Friday 11am – 12pm, £12

Coach-led pay and play
session with drills and

games. Booking made online or at
Reception one week in advance.

All standards welcome.

FITNESS CLASSES



Back to Basics Pilates

Focusing on technique, you will gently strengthen the core, pelvic alignment

and postural muscles and increase body awareness and joint mobility.



Pilates

Mat-based exercises to improve muscle control, flexibility, coordination

and strength. Good to move onto once Back to Basics becomes easy.



Stretch

A non-impact class with a focus on stretching, mobility and developing

flexibility, which can help to reduce the risk of injury.



Tai Chi

Slow movements to improve balance, reduce pain and increase muscle

strength. Requires calming the mind and relaxing the body as well as combining movement and stillness.



Yoga

A class combining physical postures, breathing exercises, and meditation to improve overall health.



Forever Fit

A low-impact dance class, combining traditional, fun moves to improve

strength, balance and endurance.



Reformer Pilates

Combine traditional movements and techniques from mat

Pilates with a reformer machine.



Aqua

Using water as a resistance, this pool-based workout is great

for cardio and conditioning while being gentle on joints.



Hydro Spin

A full body workout using underwater bikes. Great for conditioning while

being gentle on joints.

Book fitness classes up to three days in advance at Health Club Reception, give the team a call on 020 8480 4225 or log in and book online via the Members' website at www.roehamptonclub.co.uk

