



## Well-being sessions

Time	Class	Description
07.45 - 08.30	Yoga: Rise & Flow	There's no better way to start the day than by moving! Nate will guide you through a flowing practice that will leave you feeling refreshed, alive and ready for the day. Beginner to intermediate.
09.30 - 10.00	Bootcamp	Join Anytime Fitness trainer Seb for this bootcamp workout.
10.00 - 11.00	Dietary Talk	Here we'll take a closer look at how food and mood are related.
12.30 - 13.00	HIIT	Join Anytime Fitness trainer Seb for this lunchtime High-intensity interval training workout.
13.00 - 13.40	Yoga: Vinyasa Flow	A dynamic lunchtime yoga flow designed to get the blood pumping, your energy levels lifted and leave you feeling strong and empowered.
17.45 - 18.30	Yoga: Gentle Flow	Wind down and relax as Roxi guides you through a gentle practice that will leave you feeling calm and grounded - the perfect way to start an evening. A great choice if you are new to yoga or if you have chronic injury. Also accessible for expecting mothers.
18.00 - 18.30	Zumba	Anytime Fitness trainer Miriam will have you dancing your way out from your working day.
20.30 - 21.15	Breath-work & Meditation	A class like nothing you've ever done before. Nate combines ancient breath practices with modern techniques to take you on a journey before you find an incredibly deep state of calmness. Expect to sleep better than you have done for ages after this!
<b>30 minute sessions available throughout the day</b>	Life Coaching	Take advantage of these 1-2-1 sessions with Olimpia. She helps ambitious professionals and business owners, running on a treadmill, or feeling stuck for too long, to make major changes and achieve great results faster.

### For more information contact:

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### Connect with us



[croxleypark.com](http://croxleypark.com)