

Wellbeing timetable - Tuesday 18th January

Time	Class	Information
7.15 - 7.45	HIIT	A training technique in which you give all-out 100% effort through quick intense bursts of exercise.
8.00 - 8.30	Theragun Sessions	Enjoy a 30 minute Theragun session lead by Anytime Fitness.
8.00 - 20.00	Body Composition Scan Sessions	Track your fitness progress and monitor your health with Anytime Fitness hi-tech body composition scanner. 15 minute sessions available throughout the day.
10.30 - 11.30	Introduction to Mindfulness Talk	Mindfulness is the ability to be fully present in the moment. Mindfulness has been scientifically proven to help combat stress, anxiety and depression while improving focus and overall wellbeing. This talk will explore the neuroscience behind mindfulness and how to integrate mindfulness into daily life through simple practices as a way to manage stress and increase resilience.
11.00 - 14.00	Office Massage	Why not take 30 minutes out of your day and enjoy a relaxing massage.
12.00 - 14.00	Puppy Cuddles	Avoid workplace stress by booking in for a 15 minute puppy cuddling session.
12.00 - 13.00	Mindful Pottery	The tactile experience of pottery can be meditative in nature and invite a deep sense of relaxation and well-being.
12.15 - 12.45	Spin	Cycling pumps blood around your body at a greater rate which allows for the rapid spread of endorphins and other good substances like dopamine.
12.30 - 13.15	Gentle Yoga	A gentle class for those who wish to practise gently and decompress. The perfect way to unwind from a working day through simple stretches to release physical tension and conscious breathing to relax both mind and body. For everyone.
13.00 - 13.30	Group Walk	Get out the office and enjoy the fresh air with a group walk around Croxley Park.
17.30 - 18.15	Hatha Yoga	Yoga is a nourishing practice to help reset your system and restore your good health. This class focuses on alignment of physical postures and breath awareness to integrate mind and body. For everyone.
18.15 - 19.00	Conditioning	Designed to give students the opportunity to learn fitness concepts and conditioning techniques used for obtaining optimal physical fitness.
20.30 - 21.15 - (45min to 1 hour)	Breathwork / 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! This class will take place via zoom.

**All sessions taking place at Croxley Park. Exact locations confirmed on booking.
Book your sessions by Friday 14th of January.**

To book your sessions please contact:

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Connect with us



croxleypark.com