



Price

1 week = 90 €

1 day = 25 €

3rd - 9th MAY 2024

TOTAL BODY CONDITIONING WEEK

w/ David Muir, Diana Wright,
Anna Baker & Laura Turner

REGISTRATION IN THE GUIDE & EVENTS OFFICE

For more information go to Sports Booking or
send an email to eventweeks@clublasanta.com

INSCRIPCIÓN EN EL SPORTS BOOKING



Total Body Conditioning Week Spring 2024: 3rd May - 9th May 2024

	Friday 3/05	Saturday 4/05	Sunday 5/05	Monday 6/05	Tuesday 7/05	Wednesday 8/05	Thursday 9/05
07.15-08.45		Sunrise Yoga: Silent Fit <small>South Conference Rooftop - Laura</small>			Sunrise Yoga: Silent Fit <small>South Conference Rooftop - Laura</small>		
09.00 - 09.50	Dance Aerobics <small>Volcanso - David</small>	Step Back to Basics <small>Laguna - Anna</small>	LM Core™ <small>Laguna - Diana</small>	Hatton Boxing for Fitness™ <small>Bar Park - Diana</small>	Multi Step <small>Laguna - David</small>	Body Combat™ Rewind <small>Saside - Diana + David</small>	Dance Aerobics <small>Laguna - David</small>
10.00-10.50	Step Intermediate <small>Laguna - David</small>	Body Attack™ <small>Laguna - Anna</small>	Body Combat™ Team Teach <small>Laguna - David + Diana</small>	Hilo Heaven <small>5-A-Side - David</small>	Body Pump™ <small>Laguna - Laura</small>	Body Step™ Rewind <small>Saside - Anna</small>	LM Core™ <small>5-A-Side - Diana</small>
10.00-10.50	LM Core™ <small>Saside - David</small>	LIIT		HIITStep™ + Stretch <small>Laguna - Diana</small>			Body Attack™ <small>Laguna - Anna</small>
11.00-11.50	Body Pump™ <small>Saside - Anna</small>	DanceFit	Vertical Step <small>Laguna - David</small>	Functional Plates <small>5-A-Side - Anna</small>	Body Attack™ Rewind <small>Laguna - Anna + David</small>	LM Strength Development™ <small>Saside - Anna</small>	HIIT Step™ + Stretch <small>5-A-Side - Diana</small>
11.00-11.50		LM Strength Development™ <small>Laguna - Anna</small>	80s SilentFit - Spin <small>Spinning Area - Anna</small>		Soul Fusion™ <small>The Lawn - Diana</small>	Rave + Club Classix SilentFit - Spin <small>Basketball Court - David</small>	
12.00-12.50	Pilates: Balance <small>Saside - Anna</small>	Body Balance™ <small>Lawn - Laura</small>	Soul Fusion™ <small>Laguna - Diana</small>	Pilates: Killer Abs <small>5-A-Side - Anna</small>	Body Balance™ <small>The Lawn - Laura</small>	Pilates: Upper Body <small>Saside - Anna</small>	Pilates: Great Glutes <small>5-A-Side - Anna</small>
14.00-14.30						Aqua Party! <small>Leisure Pool - David</small>	
15.00 - 15.50	LM Dance™ <small>5-A-Side - Laura</small>	Double Step <small>Laguna - David</small>	Body Pump™ Team Teach <small>Volcanso - Anna + Laura</small>	LM Dance™ <small>Laguna - Laura</small>	Functional Bodyweight <small>5-A-Side - Anna</small>	LIIT <small>Laguna - David</small>	Functional Plates <small>Saside - Anna</small>
15.00 - 15.50		Hatton Boxing for Fitness™ <small>Bar Park - Diana</small>		Step Advanced <small>Saside - David</small>		Hatton Boxing for Fitness™ <small>Bar Park - Diana</small>	
16.00-16.50	Yoga - Leg Strength + Stretch <small>5-A-Side - Laura</small>	Mobility <small>Laguna - David</small>	StepFit Team Teach <small>Laguna - Anna + David</small>	Yoga <small>Laguna - Laura</small>	House Dance <small>Laguna - David</small>	Body Jam™ <small>Laguna - Laura</small>	Step Intermediate <small>Saside - David</small>
16.00-16.50		Insanity™ 30min <small>TRX Area - Diana</small>	Body Jam™ <small>Volcanso - Laura</small>	Metabolic Circuit <small>Saside - David</small>	Body Combat™ <small>Saside - Diana</small>	Insanity™ 30min <small>TRX Area - Diana</small>	
17.00-17.50	Welcome Class <small>5-A-Side - TBCW Team</small>	Foam Rolling <small>Laguna - Diana</small>	Recovery Stretch	17:15 Team Teach Spin: Silent Disco <small>Spinning Area - David + Anna</small>	Partner Stretch <small>Laguna - David + Diana</small>	Organised Chaos!! Dance Party <small>Volcanso - TBCW Team</small>	DanceFit <small>Saside - David</small>
Evening	18:30 Welcome Drinks <small>Sports Café</small>		19:00 Dinner in the Village** <small>Ana Victoria, La Santa Village</small>			18:00 FREE SANGRIA <small>El Lago Restaurant</small>	

Open Classes taught by the TBCW instructors

Classes taught by the TBCW instructors only for the TBCW participants

** Booking required - speak to David by LATEST Friday at 1800



Class Descriptions

Aqua Party!- Join us at the leisure pool for the ultimate pool party. Using some basic aqua aerobics moves to high energy songs by your favourite bands and artists this session is guaranteed to be maximum fun!

Body Attack™ - Another one of the Les Mills programs. This will Challenge your fitness to the maximum using mixed impact aerobics moves and plenty of running!

Body Attack™ Rewind - Showcasing some of our favourite Body Attack songs from throughout the years. Body Attack is a combination of athletic and aerobic moves set to music to challenge your fitness.

Body Balance-Ideal for anyone and everyone, BODYBALANCE™ is the yoga-based class that will improve your mind, your body and your life. Breathing control is a part of all the exercises. You'll strengthen your entire body and leave the class feeling calm and centered.

Body Combat™ - Les Mills Body combat TM draws the martial arts of Karate, Tae Kwon Do, Tai Chi and boxing together in an exercise to music class. Using motivating music, the class will push you to your max.

Body Combat™ Rewind - The mixed martial arts, boxing and Thai boxing programme that is set to amazing music has been around now for over 20 years! We take a look back at some of our favourite tracks.

Body Jam™ - a cardio workout where you can enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts as much emphasis on having fun as on breaking a sweat.

Body Pump - The world's best toning workout! Body Pump uses barbells and weights and you get results...FAST!

Dance

Dance Aerobics - Simple aerobics moves with a dance feel to them to make the class more challenging and interesting!

Dance Fit - This class is done mostly single track with multiple different styles of dance and very simple movements designed to give you an effective dance workout as well as exploring the different styles of music, dance and movement. This is all about FUN!!

House Dance- Dance to the best house music around, it's time to get funky!!

Foam Rolling - Elevate your fitness with our invigorating foam rolling session! Experience increased flexibility, rapid muscle recovery, and injury prevention through targeted trigger point therapy. Boost your energy, unwind stress, and build connections in our supportive group setting. Don't miss out—reserve your spot now!

Functional Bodyweight - Using our body weight and whole body moves, there's no need for ANY equipment, it's just you, me & the music! We will sweat together.

™ Hatton Boxing - This tough pad-based boxing session is designed for all levels of boxing & fitness. Burn calories whilst working your energy systems, building coordination and endurance in your upper body and core.

HiLo Heaven - It's time for the grapevine revival! Bring your A game for this turbocharged Hi/Lo aerobics session using simple aerobics choreography and the sounds of the 90s! Nostalgia and the aerobics buzz all rolled into one!



INSANITY™ - This calorie torching workout is based on the principles of MAX Interval Training, and you'll be ripping through the most heart-pumping, muscle shredding, high-intensity cardio workout ever to find out what you're really made of. It is designed to provide you a safe and challenging workout with no equipment.

LIIT - This bodyweight workout uses functional combinations in an interval style format to deliver a low intensity interval training session alongside a full body conditioning workout.

LM Core™ - is inspired by elite athletic training principles, LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

LM Dance™ The workout is a 45-minute, high-energy workout that will challenge and move you. Each class includes 10 standalone tracks, each introducing new choreography. The program is anchored in three cardio peaks, a warmup and cooldown. With a focus on movement and technique, it is simple to master and a great option for those who want to improve their dance skills while getting fit, or for anyone who loves to dance.

LM Strength Development™ - This is a Les Mills strength training programme; we focus on setting a strong foundation of good technique within a traditional compound strength training structure. All the workouts are in intervals of time, with tempo guides for certain exercises. This working is off the beat of the music, and you decide what weight would want to work with. We begin with our base weight working up to maximum- the weight we can safely load into our shoulders. The workout finishes with conditioning sets and a great stretch.

Metabolic Circuit - This circuit combines running with elements of strength and muscular endurance to deliver a Hyrox style workout. Prepare for a 45min fitness challenge!

Mobility - The aim of this session is to improve range of movement at key joints to aid with recovery and injury prevention. We will use a mixture of dynamic movements alongside some stabilising work.

Pilates

Pilates Balance - You will be using all the principles of Pilates in this session we place special emphasis on our balance and control. Exercises where we disrupt our stability for long term improved movement quality and injury prevention

Functional Pilates - Using either one or two weight plates, we build a routine from basic functional moves, using the weights to add resistance and build intensity. There's no coordination required!

Pilates Great Glutes - a Pilates session targeting the glutes and hamstrings. This is a useful session for runners to learn how to switch on those big muscles .

Pilates Killer Abs - All Pilates sessions work the deep muscles of the centre but this one also targets the six-pack and the obliques

Pilates Upper Body - Moves in Pilates are both for strength and stretch. In this session we target the muscles of the upper body to make them stronger but also to release tension

Organized Chaos!! Dance Party - Come and join this simple, easy to follow, dance aerobics class but with a massive twist! You will be battling it out in teams...trust us this is not to be missed!!



Partner Stretch - this stretch class is done in partners so we can get more out of the stretches. Take some time out to give your tired muscles some time out and some TLC.

Recovery Stretch - Enjoy a session of mio facial release and stretch from the feet up. Each session will highlight certain areas of the body and educate you in how to look after your body long after your home.

Soul Fusion™ - is a creative blend of yoga-inspired flows, short cardio bursts, balance sequences, and body-weight and weighted strength training exercises all set to crazy fun music. It offers modifications for all levels in the group exercise environment.

Spinning - is a simple, effective way of doing cardiovascular fitness all based on a bike. These are designed largely for mixed abilities however there are a couple of advanced classes in the week too designed to really test even the strongest 'spinnners'

80s Silent Fit Spin – A cycle session to 80s anthems using the silent fit system. Headphones in. Volume UP! Let's ride as we sing along!

Rave + Club Classix Silent Fit Spin - David will take you on a journey through the classics in clubbing and rave culture. Expect big club anthems and underground rave beats driving a tough 45min spinning session! Lets get sweaty!!

Spin Silent Disco – We take you on the ultimate spin journey with 'through the decades' Silent Disco using the Silentfit sound system on the Body Bikes. Expect some of your party favourites as well as some of their spin crowd pleasers. There will be some compulsory laughs and banter along the way.

Step

Step Advanced - The advanced step session is designed for experienced steppers who want to be challenged both technically and physically. We will be layering together different moves in tricky rhythms and directions. Are you up for the step challenge?

Step Back to Basics- A simple, freestyle session using uncomplicated choreography and fabulous sing-a-long music to elevate the heart rate and generate a smile!

Body Step™ – Basic stepping, just like walking up and downstairs is at the heart of body step. A full body cardio workout to really tone your butt & thighs. In a body step classic workout you can expect a mixture of upbeat rhythmic stepping with a squat and lurch pattern to also work the legs.

Double Step- why use 1 bench when you can use 2...intermediate step choreography based over 2 steps.

HIITStep™ & Stretch- Its a NEW and innovative 30 minute HIIT exercise class using only bodyweight and a step. Using the principles of High Intensity Interval, Training, this class is choreographed to bespoke soundtracks created by some of the UK's top House DJs, HIIT Step is a high energy class that pushes you to new limits.

Multi step - Step choreography built up with multiple steps. We have been known in the past to use anything between 2 and 6 steps. Prepare to be challenged mentally and physically. There's one thing for sure...this class will deliver loads of fun and leave you in a bit of a spin!

StepFit - David will showcase this new format of step delivery using 'verse-chorus' choreography. Single track step set to some of the biggest sound past and present. The class is in an interval format with each track bringing a different focus. Designed for all levels of stepper!



Step Intermediate - a high energy class using the reebok Step platform. We will build some choreography to some amazing music and then create a finale at the end. Designed to bring maximum fun.

Vertical Step - What happens when we turn the step to a different orientation. For this session we will be stepping along the step. Prepare for some challenging combinations rounding off with an explosive finale.

Welcome Class- allow the Total Body Conditioning Week team to welcome you to our group exercise event! This class will allow you to sample some of the classes that we will be teaching throughout the week ahead. Sort of like a lucky dip! Whether you are planning on signing up for the event or you just want a great workout, this class will be both fun and challenging! See you down the front!

Yoga

Sunrise Yoga: Silent Fit - Wake up with traditional yoga. Lets welcome the sun with surya namaskar (sun salutations) and a series of asana to leave us feeling balanced, ready to make the most of the day ahead. Expect relaxation, focus on breath, asanas (postures) and meditation to bring focus to your practice.

Yoga - Leg Strength + Stretch -A yoga flow class focusing on leg strength and flexibility finishing with a calming relaxation.