

FitCamps FASCIA FOCUS FRIDAY at Ribby Hall 5th November 2021 [Timetable RT-v9]

Please note the Timetable can change due to circumstances beyond our control!

REGISTRATION: THURSDAY 7:30pm - 9:30pm and FRIDAY 8:00am - 7:00pm

The Pilates FASCIA FOCUS FRIDAY day pass includes FitCamps sessions from 4pm, but please book on the Fascia Friday link if you only want these sessions.

Friday	Pool Aqua Camp	Sports Hall	Studio 1	Studio 2	Upstairs Studio 4	Squash Court	Harrison's Bar	Friday
10:00 – 10:45		MK Pilates Matwork Flow with Michael King. In a great session to start the weekend join in a flowing MK Pilates session with the King of Pilates, Michael, as he brings you this brilliant MK Pilates matwork session. No equipment, just you and the floor.		Welcome to The Circle – Join in Energy Flow Circle workout with Vanessa Robbins-Tyers . A mat based conditioning class using a yoga ring for resistance and support to tone and strengthen as you flow from one move to the other in this upbeat session.	The Foot-Knee-Hip Connection with Sarah Jane Walls. A Bio-Mechanics Specialist and Podiatrist. This session is ideal for Pilates/Yoga Instructors and Therapists. A look at bio-mechanics how the foot works in the gait cycle. Giving you an insight and tools for your clients and classes. Linking posture/ bio-mechanics and pilates. Part One: Theory.		Register here for the Pilates Fascia Focus from 09:00. We are starting at 09:30 with a welcome from Lydia.	10:00 – 10:45
11:00 – 11:45		TPP Body Work Time with Lydia Campbell of Trigger Point Pilates. Let's roll, release, stretch, open and ease your body out in this TPP session with spiky balls, bands to rollers.			The Foot-Knee-Hip Connection with Sarah Jane Walls. A Bio-Mechanics Specialist and Podiatrist. This session is ideal for Pilates/Yoga Instructors and Therapists. A look at bio-mechanics how the foot works in the gait cycle. Giving you an insight and tools for your clients and classes. Linking posture/ bio-mechanics and pilates. Part Two: Practice.		Fascia Friday Workshop. The power of your breath – an anatomical insight into breathing with a fascia focus In matwork with Malcolm Muirhead of MK Pilates. Discover how to use the breath and the power of the breath for the connections of the fascia domes. Are you focusing and cueing you client to breathe with ease for more forceful breathing in certain exercises? Breathe laterally with ease? Do you know the effect of nasal breathing versus mouth breathing for the diaphragm?	11:00 – 11:45
12:00 – 12:45				SH1FT FITNESS brings you M1ND with master trainer Rachel Tunstall . A fab vital functional stretching, mobility and stability session for the non-yogis.	Understanding the Post Rehab Client and Fascia Pain - Lydia Campbell. Starting at 12:15 this workshop gives an understanding of your client's referral pain - scar tissue, joint to pelvis, or sciatica pain. Using equipment can help ease the pain. Discover key factors working with your post rehab client.			12:00 – 12:45
14:00 – 14:45		MK Rock and Soul Barre with Michael King: Feel the rhythm of the beat and Michael takes you on a musical journey, as you feel power of the core strength and elegance of MK Barre. This session is ideal for all your clients of all ages.			Stretch-Body Training brings you Piede Pilates with Catherine Fowler- a group session designed to encourage barefoot movement and improve foot dysfunction. "Hey Pilates teachers, when your customers remove their socks and shoes, what do their feet look like?" Train to teach Piede Pilates and become part of the barefoot movement. ActiveIQ endorsed.	MK Pilates – The Foundation Reformer Studio Class, with Michael / Malcolm. Reformer classes are all the rage in the major clubs. This is a vast market. Come and experience this fabulous themed class. Please sign up to reserve your place on the MK Pilates Stand.		14:00 – 14:45
15:00 – 15:45					TPP Sense and feel the Fascia Anatomy Connections with Lydia Campbell of Trigger Point Pilates. Discover the connections of Fascia movement and how to open up the blocks our bodies and your clients feel. It is not about perfect positions, it is about a body self-correcting fascia blocks from within – where and why we have chronic pain. This session is an introduction to TPP Sense body restorative work and will use equipment.	MK Pilates – The Stretch Reformer Studio Class, with Michael / Malcolm. Reformer classes are all the rage in the major clubs. This is a vast market. Come and experience this fabulous themed class. Please sign up to reserve your place on the MK Pilates Stand.		15:00 – 15:45
16:00 – 16:45	HydroJump- an aquatic trampette workout with Nataliya Graham.	Commercial Dance with Jo Ali. Let's jam with the newest sounds around. Join in a mega mix of dance, jazz, modern to sassy. Fun for all to do, no experience needed!	Aerolatino Step with Jeff Davila - A fusion of latin moves full of American Rhythms that are fun and easy to follow. That will keep you smiling and laughing all the way as you move those hips!	Seated SOSA / Simply SOSA – Dance Fitness with Simon Keay SOSA PRO Trainer. Join in a special inclusive seated dance session, for all levels of ability. #Beinclusive	TPP Big Balls and Little Balls with Vanessa Robbins-Tyers. A great Trigger Point Pilates session on balls. Using the pilates ball and spiky balls. Lots of ideas for the core and strength combined with TPP fascia body work.	MK Pilates – The Dynamic Reformer Studio Class, with Michael / Malcolm. Reformer classes are all the rage in the major clubs. This is a vast market. Come and experience this fabulous themed class. Please sign up to reserve your place on the MK Pilates Stand.		16:00 – 16:45
17:00 – 17:45	Hydrorider - Aqua Cycling Workout with Ryan and Nataliya Graham.	Themed Aerobic Welcome with the king and queen of Aerobics – Steve Watson and Rachel Tunstall. Let's get back to fun with this dynamic duo, as you experience a hi-low dance fitness aerobics.	Step For Ever with Alistair McMeacham. Join a fun, uplifting step with simple blocks of choreography ending in a fabulous finale.	Seriously Sassy Chair workout with seriously sassy Suzie Hopkins. Find a chair and with Suzie you will do more than sit on it.	Trigger Point Pilates Roller Focus Body Work – Lydia Campbell will use the roller for posture and stretch exercises including partner assisted spine work in this TPP session with Rollers, Bands and Balls.	MK Pilates – The Flow Reformer Studio Class with Michael / Malcolm. Reformer classes are all the rage in the major clubs this is a vast market. Come and experience this fabulous themed class. Please sign up to reserve your place on the MK Pilates Stand.		17:00 – 17:45
18:00 – 18:45		FunkFit welcome Party - JP Omari will have you grooving' and dancing to uplifting Funk, Soul, Disco and Motown tunes!	Vibe Step Party Let Olivia Clarke of Vibe Fitness. Rock you with this motivating Vibe Step that all levels can do.	Zumba Dance hall drop time with Julie Bisset . She is wild and will get you moving in every way possible. Do not miss this Zumba Woman.	YogaLates - Vikki Gamblen brings you a mega mix of two body work disciplines to strengthen the core and inner balance.	MK Pilates – The Rhythm Reformer Studio Class with Michael / Malcolm. Reformer classes are all the rage in the major clubs this is a vast market. Come and experience this fabulous themed class. Please sign up to reserve your place on the MK Pilates Stand.		18:00 – 18:45
19:00 – 19:45		Join in the Extended FunkFit Welcome Party with JP Omari and the fantastic dance presenters, then to the bar afterwards for a cooling drink!	Pure Stretch – unwind from the week and today with Vikki Gamblen. Nothing better than a good stretch.	Muay Thai Madness Combat Workout with Helen Hawkins. Join in a freestyle combat workout based around Muay Thai techniques! Get ready to smash your way into FitCamps with this power combat madness.	Sambaddha Yoga with Sara Fahki – An embodied journey through the elements: Meditation, Breathwork, Dance, Vinyasa, Yin yoga, Affirmation. We travel through the elements to connect back to ourselves through stillness and movement medicine. (Sambaddha is Sanskrit for 'connection')	MK Pilates – The Foundation Reformer Studio Class, with Michael / Malcolm. Reformer classes are all the rage in the major clubs. This is a vast market. Come and experience this fabulous themed class. Please sign up to reserve your place on the MK Pilates Stand.		19:00 – 19:45
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