

The Pilates and Fascia Friday at FitCamps World Ribby Hall • November 4th 2022 (v5)
 To refresh, update and introduce you to the world of Pilates Yoga and Fascia to Inspire, Motivate and Educate you!

Thursday Pre-con Training with Lydia Campbell of Trigger Point Pilates [details soon] Training is from 12pm to 5pm

REGISTRATION STARTS FROM THURSDAY 7.30pm-9.30pm / Friday 8.00am
 Please note the timetable can change due to circumstances beyond our control.

Certain Equipment sessions need to be booked into at registration – e.g. Bungee Fit, Steel Mace and the Pilates Studio
 The Fascia Friday Day Pass includes FitCamps sessions after 4pm

Please Note: Educational Sunday trainings are at an EXTRA cost. Book separately with the Training Company, please. See the company's website, email, or call to book.



Sarah-Jane Walls



Kat Bailey



Gary Carter



Lydia Campbell



Stuart Pilkington



Rachel Tunstall



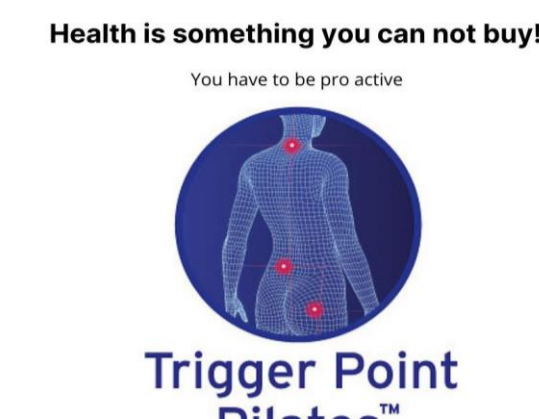
Rob Sharpe



Vikki Gamblen



Caroline Ash



Trigger Point Pilates™



Eileen Dixon



Vanessa Robbins-Tyers



FRIDAY	Pool	Sports Hall	Studio 1	Studio 2	Studio 3	Upstairs Studio 4	Squash Court	Harrison's Bar	FRIDAY
10:30 – 11:15		TriggerPoint Pilates Welcome Body Restore spikey Balls and bands with Lydia Campbell and team, a great start to the weekend that unwind your body of tension you do not need!		The latest research on Fascia from World Fascia Congress in Canada with congress Presenter Gary Carter a fascia anatomist, Director of Natural Bodies Yoga and Pilates Training. He presented at the convention and took the Cadaver FR:EA over there.		The fitness aerial flying experience Bungee fit with Kat Bailey. A fun aerobic workout with a twist! Come and float above the ground Mission Impossible style!	Pilates Rehab For The Spine. Join Sarah-Jane Walls of The Rehab Hut for an introductory workshop training to working with clients with spine conditions. Please sign up to reserve your place .		10:30 – 11:15
11:30 – 12:15				Natural Bodies Myofascia and Movement the Bodies Connection with Gary Carter. One of the world's fascia anatomist, creator of Myofascia in Yoga and Pilates educator with Natural Bodies. One of the lead dissectors and designers of the full Body Exhibition.		The fitness aerial flying experience Bungee fit with Kat Bailey. A fun aerobic workout with a twist! Come and float above the ground Mission Impossible style!	Pilates Rehab the Foot and Ankle. Join Sarah-Jane Walls of The Rehab Hub for an introductory workshop training to working with clients with Orthopaedic foot and ankle conditions. Please sign up to reserve your place.	Please Note: This session starts at 11:45. Trigger Point Pilates – The Fascia Woman – a women's health update with Lydia Campbell. Discover how the TPP programmes are vital in our medical world from Shhh! to Evolve the menopause programme.	11:30 – 12:15
12:30 – 13:15				TPP Fascia Yoga Flow Welcome with Vanessa Robbins-Tyers. A great Trigger Point Pilates session that focuses on the Asana positions using the Pilates ball and spikey balls combined with TPP fascia body work.		The fitness aerial flying experience Bungee fit with Kat Bailey. A fun aerobic workout with a twist! Come and float above the ground Mission Impossible style!	Mace Training with Robert Sharpe. Train like a Hindu warrior with the Steel Mace. Swing, Squat and Spear to strengthen your mind and body. This session you need to book as limited space. Please sign up to reserve your place at The Rehab Hub stand.	Please note this session is only 30 minutes. TPP Chair with Lydia Campbell Ideal for your clients who cannot get to the floor to benefit from TPP.	12:30 – 13:15
13:30 – 14:15							Mace Training with Robert Sharpe. Train like a Hindu warrior with the Steel Mace. Swing, Squat and Spear to strengthen your mind and body. This session you need to book as limited space.		13:30 – 14:15
14:30 – 15:15				TPP Mobility Glide and Balls with Eileen Dixon Fascia loves dynamic range of movement. Combine massage and gliding work for mobility class that anyone to do.			Pilates Posture Workshop – Part One. Discover the Clinical Pilates way with Sarah-Jane Walls of The Rehab Hub. Gain an insight to posture deviations, what the body is telling you and how to help with clinical Pilates. Please sign up to reserve your place at The Rehab Hub stand.		14:30 – 15:15
15:30 – 16:15			YogaPower Laties - Vikki Gamblen Brings you a mega mix of two body work disciplines to strengthen the body and find balance.	ROLLER Fascia BodyWork Time with Trigger Point Pilates with Caroline Ash. Let's roll, release, stretch, open and ease your body out in this TPP session with spikey balls to rollers.		SHIFT FITNESS brings you MIND with master trainer Rachel Tunstall A Fab vital functional Stretching, mobility and stability session for the non -yogis.	Pilates Posture Workshop – Part Two. Discover the Clinical Pilates way with Sarah-Jane Walls of The Rehab Hub. Gain an insight to posture deviations, what the body is telling you and how to help with clinical Pilates. Please sign up to reserve your place at The Rehab Hub stand.		15:30 – 16:15
16:30 – 17:15		FunkFit welcome Party - JP Omari will have you grooving' and dancing to uplifting Funk, Soul, Disco and Motown tunes!		Seriously Sassy Fitness Chair workout with seriously sassy Suzie Hopkins Find a chair and with Suzie you will do more than sit on it.		Beauty Barre with Nikkie Riozzi - Barre made into beautiful movement routines. Be centre stage as a Prima Ballerina and feel gorgeous from head to tippy toes!	Mace Training with Robert Sharpe. Train like a Hindu warrior with the Steel Mace. Swing, Squat and Spear to strengthen your mind and body. This session you need to book as limited space. Please sign up to reserve your place (not for beginners to Reformer).		16:30 – 17:15
17:30 – 18:15		Lyrical Jam with Jo Ali. Let's jam with the newest sounds around in a great commercial dance session. Join in a mega mix of dance, jazz, modern to sassy. Fun for all to do no experience needed!		Dance Hall Divas with Tara Fraser. Fun and energetic dance fitness class with some sassy and sexy routines that will leave you feeling Fierce and Fabulous. Join in with mama Tara Fraser.		Trigger Point Pilates CALM with Lydia Campbell. Breathe deep and lengthen the body as Lydia unwinds you from the week. Use the roller and balls to ease out tension including stretch exercises and partner assisted spine work in the TPP session with Rollers, Bands and Balls.			17:30 – 18:15
18:30 – 19:15		POWER PLAY - FitCamps Mega Circuit! - with Anoushka Moore and team - Get ready to be hot and sweaty as we build up the heat using small equipment and body weight exercises in this full body HIIT playful power session.		Silent Energy Flow Immersion with Vanessa Robbins-Tyers A dynamic yoga session that will make you sweat, tone and strengthen as you flow from one move to the other in this upbeat Yoga session using head phones.		Yoga by candlelight - with Stuart Pilkington. Join Stuart for a deep relaxation and rejuvenation for the body and mind session. This practice is suitable for all and includes breath work, sound healing, hip and heart opening sequences with deep relaxation/hypnotherapy techniques.			18:30 – 19:15

Educational Sunday

FitCamps Educational Sunday please register	Aqua Instructor Shallow and Deep Water Training Course with Water Fitness UK 9-4pm Any Instructor or Swimming Teacher L2 welcome to book please visit www.waterfitness.co.uk or contact 0143 7457 503 for more information	POUND Unplugged Instructor Training 10am - 18:00PM . Join us for an unforgettable 1-day training where you'll learn everything you need to know to start teaching POUND Unplugged classes. Contact www.poundfit.com	Aerolatino instructor training with Jeff Davila and Tori Lynch - A fusion of Latin American Rhythms that are fun and easy to follow a fab class to teach and great brand that was so popular in Lock down . If you want to become an Aerolatino Instructor you need to book direct with Tori email aerolatino.tori@gmail.com or 07725178108	Bungee fit Aerial training - The course will enable you to develop the essential teaching skills to become a confident and well-trained Bungee Fit instructor. Please contact www.PoleKatFiness.com	FitCamps Educational Sunday please register
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