

FitCamps World Ribby Hall November 3rd–5th 2023 (version 2)

Please note sessions can change due to circumstances beyond our control certain.
Some equipment sessions need to be booked into there are sign up sheets to do this.
The sign up sheets are put out at registration and also on company stands.

If you want to train in a course on Educational Sunday please contact and book direct with the training company: Pound / Siessel

Early Registration is on Thursday from 19:30–21:00pm / Friday from 09:00–19:00pm / Saturday from 08:00–10:30

Friday	Pool	Sports Hall	Studio 1	Studio 2	Studio 3	Upstairs Studio 4	Squash Court	Harrison's Bar	Friday
10:00 – 10:45		RockBox® Fitness with Jade Hendon and Sharon Clifton . We Rock, we Box, we Smash sticks. All in an epic Rock and Indie soundtrack. Come over to the dark side and join the ROCKBOX Fitness Revolution . Great for stress release.	Funky Step join Dominique Parlett of Warriors® . Let off steam in this up beat session, forget the week and feel empowered with a step that will not confuse or blow you mind.		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.	KONGA® with Amy Bobbins . Join in an high intensity, low complexity workout fusing dance, cardio and toning all in one class a great start to the weekend.		To be confirmed	10:00 – 10:45
11:00 – 11:45		MK Pilates® . Stand to floor sequences using the Pilates ball with Michael King . Do not miss this fabulous MK Pilates ball session for all to do.	Step Party® with Jo Ali – Join Jo for this fun packed freestyle step class that showcases new choreography and music to set us up to have an awesome Step party! For experienced steppers.		Contemporary Barre with Ellen Saunders . Join in this contemporary Barre session where you end on the floor, in a flowing dance barre sequence moving you across the floor.	Raggaton® with Robert Sharpe . Shake off your travels and feel the vibe from Puerto Rica to Jamaica in this easy to follow spicy dance moves.		To be confirmed	11:00 – 11:45
12:00 – 12:45		Trigger Point Pilates® – BodyReady Welcome a with TPP Spikey Balls and bands with Lydia Campbell and team. A great fascia unwind to release muscular tension and lengthen your body of tension.	Aerolatino® Step with Jeff Davila - Join in 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!		Konfidence® with Kat Smith - Bring the heat to the dance floor and say hello to the confidence inside you that's screaming to get out! Even though the class may be 45 mins long, the feeling will last forever.	Michael King is bringing you a new experience The SPINEFITTER Class by SISSEL® That cradles the spine, a fitness tool to enhance joint mobility and stimulates muscle zones. This is a holistic training that enhances balance, co-ordination, muscle strength.		To be confirmed	12:00 – 12:45
13:00 – 13:45		Kinky Boots® . Strut and Condition with Glyn Page . Join in this fabulous conditioning session in heels, based on the best musicals and movies of all time. Please note you can take class without heels but heels do work your body like nothing you have experienced before.	Step to the Rhythm with David Muir - Lets have a party on Step using basic step variations to build up into an advance step choreography set to the biggest house and club sounds.	RockBox® Spin Fitness with Jade Hendon and Sharon Clifton . We Rock, we Cycle, we Smash the spin. All in an epic Rock and Indie soundtrack. ROCKBOX Fitness Revolution a great stress releasor.	Burning Booty Band® workout! BBB with Helen Hawkins . Using a loop band train your lower body to the maximus! (Please bring your own band if you have one.)	Simply Mobilise and Stretch for all with new presenter Rachel Webb . Come and ease out your body, lengthen your spine and loosen your muscles in this great stretch session.			13:00 – 13:45
14:00 – 14:45	Hydropole® - Aquatic Pole core & upperbody strength workout with Nataliya Graham .	BLT#GluteForce with Anoushka Moore (bring a mat). Let's put the old school tunes on as you join in a Legs Bums and Tums session using your bodyweight to build that bubble butt!	Broadway Boogie® with Steph Smith . A dance fitness workout inspired by Broadway and musical theatre. You can dance, sing and express yourself while working out to favourite musical melodies.	Dune the Sands of Time . Cycle for your life with Ross Philipson . The sands of time are running out in an ancient African temple. Ride to the temple and stop the end of time!	"Let's go Barbie" . Ready to go Pink with Joanna Weintritt in this fun Zumba Barbie themed class that anyone can do.	Rock Chicks® Blast with Caroline Ash and Eileen Dixon . Step back in time and let your hair down as you Rock out in this dance aerobic session.	Meggaball® with Winston Allen . Enjoy a full body workout on BigBalls to the exhilarating Caribbean beat. Leave your worries at the door as you lose your self to the pulsating beat ending on an endorphin high.		14:00 – 14:45
15:00 – 15:45	Hydrorider® Aqua Cycling – indoor underwater cycling workout with Ryan Graham .	POP join Dominique Parlett of Warriors® In the Ultimate Disco experiences you dance your way with sounds from the stars: Britney, Shakira, J-Lo and Beyonce.	Total Legs Bums and Tums time in this Body Conditioning Workout with Vikki Gamblen , who brings you a fab non-equipment class using your body weight to tone and condition. Bring your own mat.	CYCLE – 80s Rewind with Anoushka Moore . Crimp you hair put on your fishnet gloves and break out your leg warmers for this throwback cycle to tunes that shaped a decade. 80s fancy dress optional but encouraged.	Hip Hop Time – Helen Martin . A fab dance session for anyone to do; simply feel the rhythm and move.	Beauty Barre® with Nikkie Riozzi - Barre inspired showcase, let your prima ballerina shine and point your tippy toes.	Meggaball® with Winston Allen . Enjoy a full body workout on BigBalls to the exhilarating Caribbean beat. Leave your worries at the door as you lose your self to the pulsating beat ending on an endorphin high.		15:00 – 15:45

16:00 – 16:45	Bollywood Aqua® with Shakeel Hussain. Experience Eastern Aqua dance Choreography to themed music.	Panache® Dance Fitness with Barry Kinder – It's rehearsal time with fabulous iconic soundtracks to move you as you take centre stage. Barry takes you through a showbiz era of dance, styles suitable for all abilities to do.	Jungle Body Mash Up® with JAGUA and Amy Bobbins. Do not miss this Jungle Body toning class that rocks you out as you experience a mix of core training, ballet, pilates to body sculpting.	Vibe® Cycle Welcome – meet the Vibe Team. Join a fantastic fun motivational ride to rid you of the week and let off steam in this fab Vibe cycle welcome.	RockBox® Fitness with Jade Hendon and Sharon Clifton. We Rock, we Box, we Smash sticks. All in an epicRock and Indie soundtrack. Come over to the dark side and join the ROCKBOX Fitness Revolution.Great for stress release.	Michael King is bringing you a new experience The SPINEFITTER Class by SISSEL® That cradles the spine, a fitness tool to enhance joint mobility and stimulates muscle zones. This is a holistic training that enhances balance, co-ordination, muscle strength.	Mace Training with Robert Sharpe. Train like a Hindu warrior with the Steel Mace. Swing, squat and spear to strengthen your mind and body.You need to book for this session as space is limited.	16:00 – 16:45	
17:00 – 17:45	AquaFloat® with Sunny Singh! Time to Float, Balance and Strengthen your core in this AquaFloat® session. Please Sign up before places are limited.	Let's get high! with Steve Watson in this aerobic welcome session. A mega mix of high/low dance aerobics that anyone can do	Double Step with David Muir – Let's have a party and have some fun as David takes you onto two steps, or one, using basic step variations to build up into an advanced step choreography, set to the great sounds.	Vibe® Cycle – Let's Party meet the Vibe Team. Music and Lights let's hit the road and have a spin party in a fantastic fun motivational ride to let off steam in this fab Vibe® Cycle welcome.	Dancehall Divas with Tara Fraser – fun and energetic dance fitness class with some sassy and sexy routines that will leave your feeling Fierce and Fabulous Join in with mama Tara Fraser.	Trigger Point Pilates® Wall to floor with Lydia Campbell. Start the weekend with a great Body work session with equipment, the Wall, breath and body weight. That will unwind your fascia tension in the spine, neck and hips as you melt away stress.	Mace Training with Robert Sharpe. Train like a Hindu warrior with the Steel Mace. Swing, squat and spear to strengthen your mind and body.You need to book for this session as space is limited.	17:00 – 17:45	
18:00 – 18:45	AquaFloat® with Sunny Singh! Time to Float, Balance and Strengthen your core in this AquaFloat® session. Please Sign up before places are limited.	Lycrical Jam with Jo Ali. Let's jam with the newest sounds around in a great commercial dance session. Fun for all to do, no experience needed!	Yoga By Candlelight - with Stuart Pilkington of YOGALIFE®. Join in a deep relaxation and rejuvenation for the body and mind session.This practice is suitable for all includes breath work,sound healing, hip and heart opening sequences.		RUMBALATINA® with Jeff Davila and Tori Lynch of Aerolatino® – A Class full of passion, fire and fun. Dance your way to fitness with classic Latin American rhythms choreographed to steamy Latino beats. Suitable for all ages and abilities.	NR-CHI Reiki healing and Sound bath with Sonia Sonique. A great session to end the day with starting with gentle Chi-Gong flowing movements that progress to energy release using sound and reiki to help rebalance your energy centres.	Let's Stretch and Relax with Suzie Hopkins. Using a band to ease out the body and help tight backs and hips that anyone can do.	18:00 – 18:45	
Saturday	Pool Aqua Camp	Sports Hall	Studio 1	Studio 2	Studio 3	Studio 4 Upstairs	Squash Court	Harrison's Bar	Saturday
08:15 – 09:00	AquaFloat® with Sunny Singh! Time to Float, Balance and Strengthen your core in this AquaFloat® session. Please Sign up before places are limited.	Yoga – Yoga Euphoria® – Stuart Pilkington It's a fun dynamic flow practice with simulating pranayama, sound healing and a yoga rave – leaving you energised with yoga festival vibes! Please bring your own mat.	Double Step with David Muir. Why use one step when you can use two? A great intermediate step choreography based over 2 steps to make for a challenging finale.		Cardio Combat® with Helen Hawkins-Riozzi - Punch, Kick and Strike your way in this mixed martial arts freestyle cardio. This session really packs a punch!	Power Pilates & Flow® with Ellen Saunders - Traditional Pilates techniques connected with functional movement and fluidity. Flow from one to another with Power and Perfect Posture.	Simply Mobilise and Stretch for all with new presenter Rachel Webb. Come and ease out your body, lengthen your spine and loosen your muscles in this great stretch session.		08:15 – 09:00
09:15 – 10:00	AquaFloat® with Sunny Singh! Time to Float, Balance and Strengthen your core in this AquaFloat® session. Please Sign up before places are limited.	Trigger Point Pilates® Flow – bodywork with Lydia Campbell and team. In a flowing session of TPP that will unwind your body. Using TPP kits from balls to bands.	Step it up! Join Scott Miller as he guides you through his rhythmic infused step class. Scott's choreography develops throughout the session with clear breakdown culminating in a final sequence that is sure to work your body and brain!	Hawaii Five-Oh-My-God with Ross Philipson – Tour Coach ride on islands of Maui and Kauai - AV journey on real world footage.	MK® Latin Barre on the Chair – Come with Michael King on a journey of exploration to Latin America. Experience Samba, Tango, and Salsa on the barre, and he will leave you screaming for more.	RockBox® Fitness with Jade Hendon and Sharon Clifton We Rock, we Box, we Smash sticks. All in an epicRock and Indie soundtrack. Come over To the dark side and join the ROCKBOX® Fitness Revolution. RockBox is therapy great stress releasor.	Mace, Mind and Body (Yoga and Tai Chi based) with Robert Sharpe. Swing, Squat and Spear to strengthen you entire body, then gracefully flow to connect you mind and movement. PLEASE BOOK.	Face Fitness with Nataliya Graham – Discover face exercises, face stretches, facial massage exercises, to improve the natural way for your skin. To boost collagen and make your face look yonger and fresher	09:15 – 10:00
10:15 – 11:00	Aqua High Intensity Interval Training AHIT	Barry Kinder of Panache® brings you 'Paramount workshop' LIGHTS, CAMERA, ACTION when the world is your stage, in the roaring 20s from Charleston to Fred Astaire join in this fab session.	Join Step Master Steve Watson in a 'Step Around Forever ' - Let's get back to basics with a fun step class designed to keep you moving and not losing the step.	Vibe® Cycle Morning Welcome with the Vibe Team. Join a fantastic fun motivational ride to Rev you up and let off steam in this fab Vibe cycle welcome.	Divafit® Fit n Sensuality. Join in with mama Tara Fraser. To make you feel fabulous about yourself as you move, and exercise your body using a chair .	Ragga Time – Helen Martin. A dance class using an energetic ragga and dancehall playlist. A party atmosphere to get you all bouncing..	Mace, Mind and Body (Yoga and Tai Chi based) with Robert Sharpe. Swing, Squat and Spear to strengthen you entire body, then gracefully flow to connect you mind and movement. PLEASE BOOK.	Butts, Gutts and Bands with Suzie Hopkins. Join in a body conditioning session using bands as you pump and tone with Suzie.	10:15 – 11:00
11:15 – 12:00	Hydropole® - Aquatic Pole core & upperbody strength workout with Nataliya Graham.	POUND® - Rockout Workout with Kylie Gracey-Bond. Join in this powerful infectious, energizing fun of drumming! A full body cardio jam session. Kylie will shift your stress and leave you high with energy.	Broadway Boogie with Steph Smith. A dance fitness workout inspired by Broadway and musical theatre. You can dance, sing and express yourself while working out to favourite musical melodies.	Vibe® Power ride for all – Delvin Clarke and the Vibe Cycle team. Feel the strength in your body as the team motivates you to power up your cycle.	Meggaball® with Winston Allen. Enjoy a full body workout on BigBalls to the exhilarating Caribbean beat. Leave your worries at the door as you lose yourself to the pulsating beat ending on an endorphin high.	Michael King is bringing you a new experience The SPINEFITTER Class by SISSEL® that cradles the spine; a fitness tool to enhance joint mobility and stimulates muscle zones. This is a holistic training that enhances balance, co-ordination, muscle strength.	Pulseroll® Good Vibrations with Carroll Locke. Experience the Pulseroll Gun to reach those tight deep muscles great for a massage. Come and join Carroll in a fab Vibration session.	TPP Rollers Bodywork with Caroline Ash. Time to target the back and open out those hips using foam rollers. It really is not about rolling up and down.	11:15 – 12:00

12:15 – 13:00	Aqua Rez® Equipment Functional Aqua.	Tribe All Fitness. Join in with Amy Bobbins. Join the tribe in this great dance session mash up of all the latest tunes and vibes that anyone can do.	Kinky Boots®. Strut and Condition with Glyn Page. Join in this fabulous conditioning session in heels, based on the best musicals and movies of all time. Please note you can take class without heels but heels do work your body like nothing you have experienced before.	Simply Vibe® the great cycle experience – Delvin Clarke and the Vibe Cycle team take you on a cycle journey of all terrains.	Meggaball® with Winston Allen. Enjoy a full body workout on BigBalls to the exhilarating Caribbean beat. Leave your worries at the door as you lose yourself to the pulsating beat ending on an endorphin high.	Michael King is bringing you a new experience The SPINEFITTER Class by SISSEL® that cradles the spine; a fitness tool to enhance joint mobility and stimulates muscle zones. This is a holistic training that enhances balance, co-ordination, muscle strength.	TPP Pilates on balls – Vanessa Robbins Tyers takes you on a flowing, yet challenging, session on a Pilates ball, and Spikey balls, to tone and lengthen the body.	12:15 – 13:00	
13:15 – 14:00	Aqua Zumba	House Party! With Nikkie Riozzi. Jack your body and move your feet, bring your groove to the deep house beats!	Lift Up and Energise with Zoe McNulty. A fusion of dance for the Soul, Mind and Body – energy that will take you higher and higher. For all abilities of fitness just come and be yourself.		BodyWork on the FitBall® - Vikki Gamblen brings you a fab FitBall conditioning class using your core and body weight to tone and condition.	Latin Funk with Lady Kat Smith. This class will make you shake it! Yeah baby! Bringing that fever from the club straight to your home.	Empowered Goddess with Joanna Weintritt. Join in an exclusive fitness session to empower women and tap into their inherent strength. Focusing on female-specific exercises to embrace feminine power.	13:15 – 14:00	
14:15 – 15:00	Hydrofighter® Championship. 5 different fighting styles and intensity.	Grab a Scarf – it's dress up time for Bollywood Magic - Bhangra Time with Sunny Singh. Join in an Eastern dance journey to fabulous sounds and moves. A session full of laughter and refreshing energy as your gyrate and shimmy behind your silk .	Chair Sass with Barry Kinder the creator of Panache® Dance Fitness - Join in with this showman you really are in for a treat as he makes you feel like a showgirl. Barry takes you on a great choreography experience, taking you into a world of sass and fun.	Cycle Rave with Anoushka Moore. Your Saturday night starts here, back to the 90s, be a dance floor misbehavior or an old-school raver we've got the tunes to make you work up a sweat! Just reserve your bike, grab a bottle of water, a whistle and let's rave.	Aerolatino® with Jeff Davila and Tori – Join in 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!	TPP Love Me Chi with Lydia Campbell and Team. It is time for a fascia body unwind and let go of tension as your breathe and relax. Taking you into a mindful TPP journey using the TPP Balls.	Mace, Mind and Body (Yoga and Tai Chi based) with Robert Sharpe. Swing, Squat and Spear to strengthen your entire body, then gracefully flow to connect your mind and movement. PLEASE BOOK.	14:15 – 15:00	
15:15 – 16:00	Hydrorider® Aqua Cycling – indoor underwater cycling workout with Ryan Graham.	Clubbercise® with Drums – come join in this Celebration of our 10th Year Anniversary – Let's have a party with a high energy dance fitness class in the dark with glow sticks and disco lights with Sonique Smith.	Step Party Time with David Muir - Let's have a party on Step using basic step variations to build up into an advance step choreography set to the biggest house and club sounds.	Spin and Relax with Anoushka and Stuart. Pump up and raise your energy on this ride then embrace a total deep yoga based relaxation session in the studio next door.	Silent Energy Flow Immersion with Vanessa Robins-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 headphones.	Michael King is bringing you a new experience The SPINEFITTER Class by SISSEL® that cradles the spine; a fitness tool to enhance joint mobility and stimulates muscle zones. This is a holistic training that enhances balance, co-ordination, muscle strength.	Mace, Mind and Body (Yoga and Tai Chi based) with Robert Sharpe. Swing, Squat and Spear to strengthen your entire body, then gracefully flow to connect your mind and movement. PLEASE BOOK.	15:15 – 16:00	
16:15 – 17:00	AQUA FUSION Party Time with all the Water Fitness Team.	POP Beach Party - Tikki Time. Join Dominique Parlett of Warriors® in the Ultimate Disco experiences you dance your way with sounds from the stars: Britney, Shakira, J-Lo and Beyonce.	MK Pilates Fusion "Join Michael King for a fresh take on Pilates, blending dance and stretching to enhance your experience. His innovative approach adds a unique twist to your routine."		Pure Stretch with Scott Miller. Unwind from the day and release your body with this dynamic Scotsman.	Yoga by Candlelight - with Stuart Pilkington. Join in a deep relaxation and rejuvenation for the body and mind session. This practice is suitable for all – includes breath work, sound healing, hip and heart opening sequences.	Pulseroll® Good Vibrations with Carroll Locke. Experience the Pulseroll Gun to reach those tight deep muscles great for a massage. Come and join Carroll in a fab Vibration session.	16:15 – 17:00	
20:30	20:30 onwards: FitCamps Awards and Tikki Bar Party In Harrisons. Come in Hawaiian shirts, sarongs to hula.							20:30	
Sunday	Pool Aqua Focus	Sports Hall	Studio 1	Studio 2	Studio 3	Upstairs Studio 4	Squash Court	Harrison's Bar	Sunday
09:00 – 09:45		Funky Step join Dominique Parlett of Warriors®. Let off steam in this up beat session, forget the week and feel empowered with a step that will not confuse or blow your mind.	Yoga - Yoga Euphoria – Stuart Pilkington. It's a fun dynamic flow practice with simulating pranayama, sound healing and a yoga rave – leaving you energised with yoga festival vibes!		Michael King is bringing you a new experience The SPINEFITTER Class by SISSEL® that cradles the spine; a fitness tool to enhance joint mobility and stimulates muscle zones. This is a holistic training that enhances balance, co-ordination, muscle strength.	JAGUA with Amy Bobbins –Do not miss this Jungle Body toning class that rocks you out as you experience a mix of core training, Ballet, Pilates to body sculpting.		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.	09:00 – 09:45

10:00 – 10:45	Hydro Due Team Teach. Join in the fun Aqua class moments with the HydroFitness team.	Meggaball® with Winston Squires. Enjoy a full body workout on BigBalls to the exhilarating Caribbean beat. Leave your worries at the door as you lose your self to the pulsating beat ending on an endorphin high.	Let's be the 'X Factor' – join in an Danceography session with Zoe McNulty . Join in a sassy commercial dance session to end the weekend where you will feel fabulous, funky and fine.	CYCLE – Soulful Sunday – Anoushka Moore. Ease your way into Sunday with this recovery cycle to Soul and Motown leaving your body 'n' soul revived and uplifted.	Hip Hop Time – Helen Martin. A fab dance session for anyone to do simply feel the rhythm and move.	Pilates, Flow and Stretch With Ellen Saunders Time to shift the hangover in a power Pilates session with Ellen. Flowing from sequence to another with dynamic in this morning wake up.		10am POUND® Unplugged – Instructor training registration and welcome - The infectious, energising fun of drumming! A full body cardio jam session. With Jess McKee and Kylie Gracey-Bond .	10:00 – 10:45
11:00 – 11:45	Aqua 3 Different Depths of Water (Shallow, Transitional and Deep) with the team.	Barry Kinder of Panache® brings you ' Paramount workshop ' LIGHTS, CAMERA, ACTION when the world is your stage, in the roaring 20s from Charleston to Fred Astaire join in this fab session.	Aerolatino® with Jeff Davila and Tori - Join in 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!		Pilates Rejuvenation with Carroll Locke. All Rejuvenate you body using internal stabilising muscles to target posture, balance and core strength. You will feel toned, longer stronger and ready to take on the day.	TPP Fascia Mobility from Gliders to balls with Eileen Dixon to restore your Body. A great TPP Session with dynamic stretching and toning.			11:00 – 11:45
12:00 – 12:45		POUND® Unplugged – The infectious, energizing fun of drumming! A full body cardio jam session. With Jess McKee and Kylie Gracey-Bond .	Eastern Vibes Flow and Stretch – An Eastern relaxation with Sunny Singh and Vikki Gamblen . A stretch and release class with a Bollywood themed music for relaxing meditative flow stretch.		Michael King is bringing you a new experience The SPINEFITTER Class by SISSEL® that cradles the spine; a fitness tool to enhance joint mobility and stimulates muscle zones. This is a holistic training that enhances balance, co-ordination, muscle strength.	NR-CHI Reiki Healing and Sound Bath with Sonia Sonique. A great session to end the weekend with gentle Chi-Gong flowing movements that progress to energy release using sound and reiki to help rebalance your energy centres.			12:00 – 12:45
All Day	Extra cost: Aqua Instructor: Shallow and Deep Water Training Course with Water Fitness UK (09:00-16:00). Any Instructor or Swimming Teacher L2 welcome to book please visit www.waterfitness.co.uk or contact 0143 7457 503 for more information		Extra cost: Book direct 10:00 POUND® Unplugged Instructor Training Registration and Welcome – The infectious, energizing fun of drumming! A full body cardio jam session. With Jess McKee and Kylie Gracey-Bond .		Extra Cost: Book direct SISSEL Training with Michael King (13:00 to 17:00) .	Extra cost: Book direct 10:00 POUND® Unplugged Instructor Training Registration and Welcome – The infectious, energizing fun of drumming! A full body cardio jam session. With Jess McKee and Kylie Gracey-Bond .			All Day