

KIPPIE OPEN DAY GUIDE

KIPPIE LODGE OPEN DAY - SUNDAY 2ND DECEMBER 2018

OPEN TO NON-MEMBERS

BRING A FRIEND & YOUR FAVOURITE LITTLE PEOPLE

TRIAL CLASSES FOR ADULTS

CLASS	TIMES	LOCATION	DESCRIPTION
Body Step	10am-10.45am	Studio 1	A full-body cardio workout to tone your whole body. Build stamina and feel uplifted!
Les Mills Body Pump	10.50am-11.50am	Studio 1	Squat, lift and curl your body to perfection with barbells! Burn up to 540 calories in an hour-long class!
Functional Pilates	10am-11am	Studio 2	Pilates consists of low-impact flexibility and muscular strength and endurance movements.

FAMILY ACTIVITIES

Activity	Times	Location	Description
Family yoga	12 pm - 1pm	Studio 1	A chance for the whole family to enjoy yoga together. All ages welcome!
Family badminton	1pm - 4pm	Studio 1	Badminton is officially the fastest of all racket sports! Test your stamina, flexibility and coordination whilst burning between 600 to 1000 calories per hour.

KIDS & TEENS

Activity	Times	Location	Description
Splash time (all ages)	10am-11am 2pm -4pm	Swimming pool	Fun time in the pool with inflatables and music!
Teen Gym (13-15)	10am-12pm	Gym	If you need any tips on how to get the most from your gym work out, then our personal trainers and gym staff will be on hand to help. From choosing the best exercises to do or knowing how much weights to lift, we can help. Or follow your own programme during the session!

TRIAL PERSONAL TRAINING SESSIONS - 12pm to 4pm

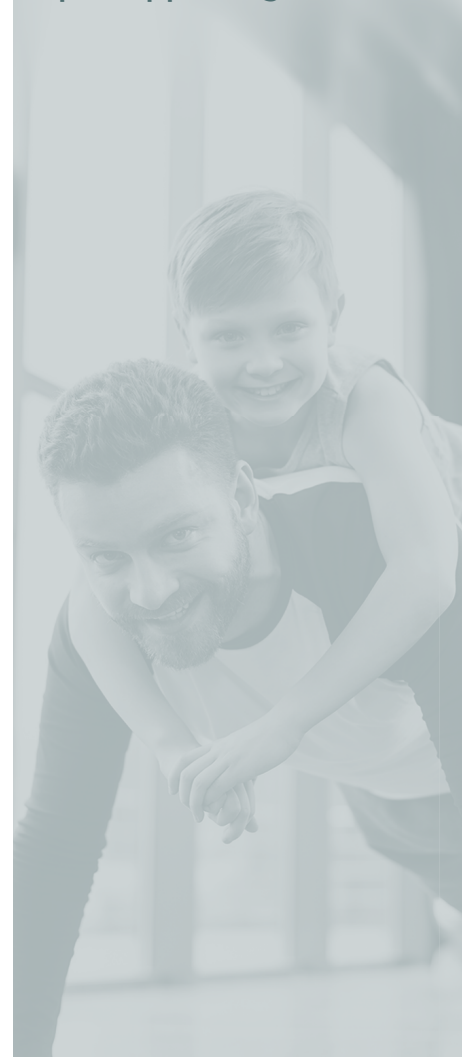
Our personal trainers Ali and Michelle will have a chat with you regarding your fitness goals and offer a basic or a comprehensive fitness test. Test your cardio fitness, strength, flexibility and blood pressure (basic 30-minute test) plus Body Mass Index (BMI), Oxygen Saturation and Body fat % (comprehensive 1-hour test).

HAIR & BEAUTY SPECIAL OFFERS

Hair and beauty special offers on the day plus FREE shape & polish nails & Dino-lite hair and scalp analysis.

HOW TO BOOK

To book any of the trial sessions/activities, call us on **01224 734747** or email us at **apc@kippielodge.co.uk**



Kippie Life!

NORTH DEESIDE ROAD
MILLTIMBER, ABERDEEN

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