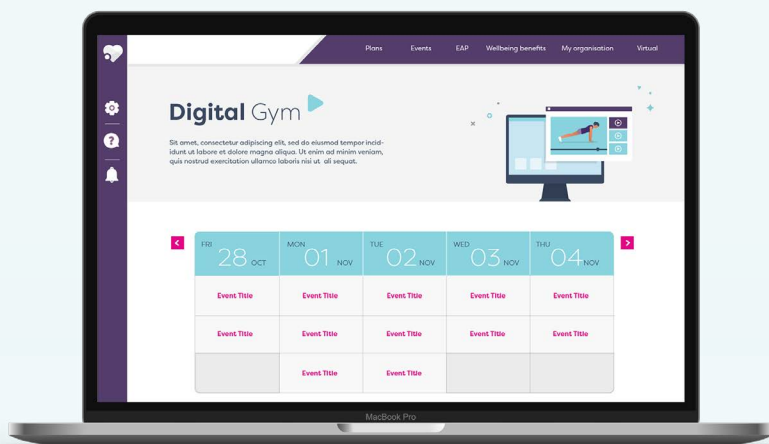


Digital Gym



Access High Quality, Expert
Gym Content on your dedicated
Health and Wellbeing Platform.



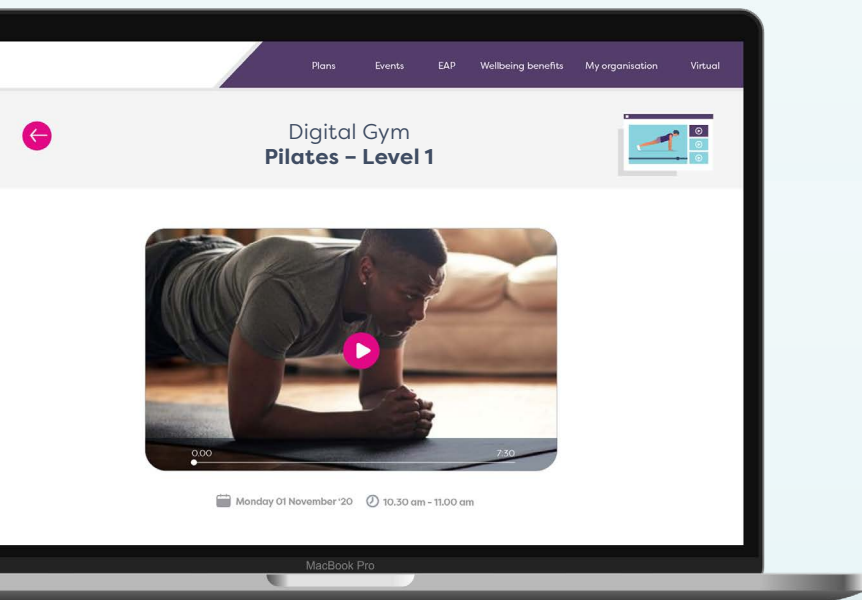
Digital Gym



With gyms periodically closing and with potential health concerns in attending them, this programme gives you access to a daily gym class schedule straight from the comfort of your home.

Our Digital Gym gives you access to live and on demand fitness classes, with a weekly schedule to choose from. All classes are delivered by experts who will demonstrate a safe and maintainable way to tackle fitness at home.

Our team of wellbeing experts are passionate about health & fitness. All of our coaches are handpicked and all come from a wide spectrum of expertise, reflecting the diversity of different sports and exercises around.





Weekly Schedule (from February)

Here, you will be able to take part in a variety of classes every week each lasting 30-45 minutes.

Classes will take place across the week from Monday to Friday on 2-3 daily slots with morning, lunchtime and afternoon slots. See February schedule here:

	Monday	Tuesday	Wednesday	Thursday	Friday
08:00	Pilates Beginner	Morning Energiser	Yoga Beginner		
12:00	Pilates Advanced	Yoga Advanced	Pilates Advanced	Yoga Beginner	Pilates Beginner
13:00	Quick HIIT & Abs	Mindfulness		Technique Thursday	
17:00		Pilates Beginner	Bodyweight Strength		
18:00	Yoga Beginner	Combat Fitness	Yoga Advanced		



Description of classes

Pilates:

Pilates is much more than just an exercise regime. It teaches us how to move correctly and how to activate different muscles at the right time. The correct activation of our muscles that surround our spine, hips and shoulders is known as our core strength.

Having a strong core can prevent us from pain and injury but also allows us to be able to use our bodies to perform our physical daily tasks. It is also a great exercise regime to help lose weight and become leaner. Our classes are designed for both beginners who are just starting their Pilates journey and for the more advanced Pilates exercisers who are more experienced.

Yoga:

It is time to roll out your yoga mat and discover the hugely beneficial combination of physical and mental exercises. Yoga can be enjoyed by everyone. Whether your aim is to tone up, relax, reduce your stress levels, or simply boost your energy levels, you will enjoy it! You will learn how to strengthen, tone, and relax your body whilst quietening your mind. We have classes that cater for beginners and for those who are more experienced and advanced.

Mindfulness:

Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing. Becoming more aware of the present moment can help us enjoy the world around us more and understand ourselves better. Learning how to do this can be challenging and take time. This class is a great opportunity to give yourself that time and practice becoming more comfortable in the present moment.

Quick HIIT & Abs:

High Intensity Interval Training or 'HIIT' classes are scientifically proven to jump start your metabolism and help you lose weight and become leaner. They also positively stress your cardiovascular system and improve circulation. This 20-minute class is structured around high-intensity periods of work followed by recovery periods using a variety of challenging but fun exercises. It finishes with a quick blast of abdominal and core exercises.



Energisers:

Our Morning and Lunchtime Energiser classes strengthen the link between physical wellbeing and mental health. Exercise is a widely accepted proven strategy for coping with stress and even treating mild depression and anxiety. This session will comprise of several individual breathing and movement exercises along with activities designed to energise and awaken the senses. It can be enjoyed by everyone, beginner or advanced.

Combat Fitness:

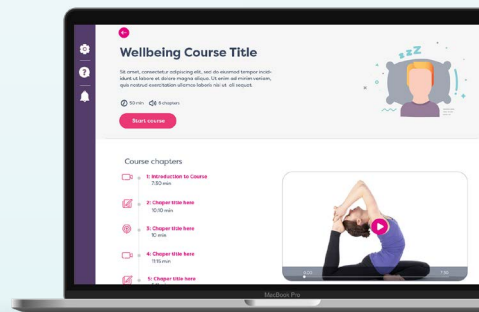
This is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn a huge number of calories during this fast, fun, and engaging class. No experience or equipment needed.

Bodyweight Strength:

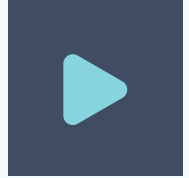
Our bodyweight strength class will focus on using your own bodyweight to create time under tension to stress your muscles. This stress burns up a lot of calories, but also due to the intensity of the exercise bouts you will be burning up calories for hours after you are finished! Bodyweight strength training is a super tool for not only becoming stronger, but leaner too.

Technique Thursday:

Every Thursday we will be doing a 20-minute class designed to coach you on the most important fundamental body movements and empower you to improve your technique so that your exercise sessions are more efficient. Proper technique and form will help prevent any niggling injuries and allow you progress your movements over time. Do not be fooled however, this will work up a sweat and burn many calories in the process!

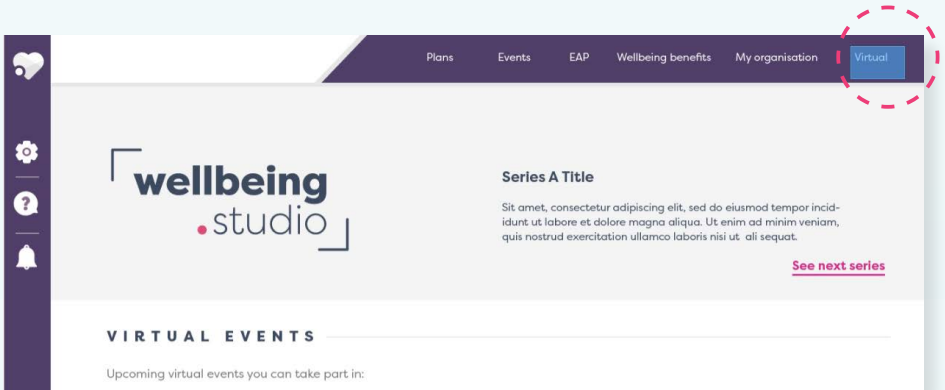


How to Access the Digital Gym



You will be able to see a full schedule of classes on your Health and Wellbeing Platform. Here you can view recorded classes that have happened in the past.

1. Go to app.spectrum.life
2. Sign in using your username (email) plus password or valid organisation code available from your HR team lead ((if this is your first time accessing the platform). The top navigation will contain the Digital Studio with drop down for the Digital Gym.





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