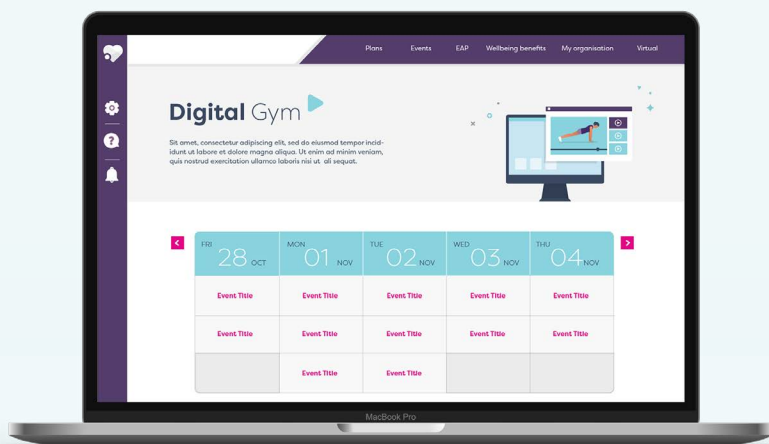


Digital Gym



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



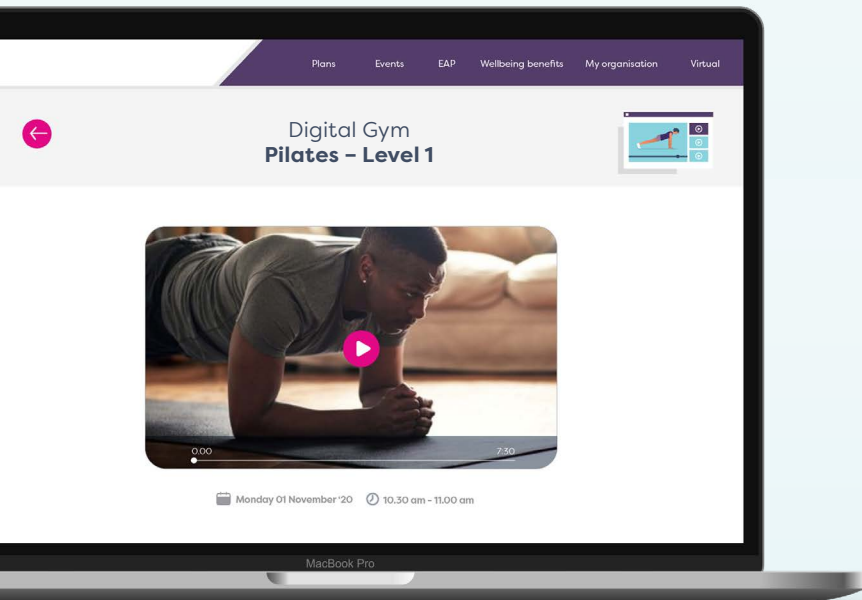
Digital Gym



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.





April Weekly Schedule

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

You can see the full schedule for April here:

	Monday	Tuesday	Wednesday	Thursday	Friday
08:00	Core Training	Morning Energy HIIT		Morning Mindfulness	Family Fitness
1 :00	Move Well Feel Well				
12:00	Pregnancy Pilates	Mobility & Flexibility	HIIT Pilates	In the Kitchen	Lunchtime Energy HIIT
1 :00			Mindfulness	Guest Trainer - Niamh Cullen	HIIT Pilates
17:00	Home Gym - Dumbbells	Pilates for Runners	Dance Fit		Zone Out Yoga
18:00	Desk Yoga	Combat Fitness	In the Kitchen	Combat Fitness	

Description of classes



Guest Trainer – Niamh Cullen

Fitness Coach and influencer Niamh launched the Monday Club in January 2021. 'The feel-good workout club' that focuses on bringing positivity to people's day through bright colours, fun music, and expressive movement. We are delighted to have her in studio on the first Thursday of the month to take us through one of her great workouts!

Core Training

This class will work on improving posture, balance, and core strength while burning calories in the process! Core training is the perfect accompaniment to any other type of sport or exercise. This class caters for beginners and for those who are more experienced.

Interactive - Move Well Feel Well

Start each week with a fun, interactive, and calorie burning exercise session! This a full body workout designed to release energy and endorphins making you feel better both during and after your session. Your coach will also be on hand to answer any questions you may have about exercise and nutrition and share advice and tips for the week ahead.

Pregnancy Pilates

Prenatal and Postnatal Pilates classes designed for all stages of your pregnancy. We encourage all women at any stage of their pregnancy to join in and get some precious self-care time with their baby bump! Designed to improve posture and engage the deep muscles of the core.

Home Gym - Dumbbells

Grab your dumbbells and join us for this full body, intense workout. Each of our dumbbell classes is varied and targets all the big muscle groups in the body. If you do not have dumbbells, why not grab to bottles of water instead!

Desk Yoga

Working from home means we do not get to break away from our working postures as much as we used to in the office. Prolonged poor positions accumulate and lead to soreness and pain in the joints and muscles around these joints. Quick exercises at your desk can help keep these and aches and pains away.



Morning HIIT

Take ownership of your day and enjoy the power of your natural energy and endorphins! A quick intense workout aimed to increase your heart rate, stamina, and lung capacity and burn calories. Covering all body areas this is suitable for all levels of fitness

Mobility & Flexibility

Whether your aim is to lose weight, relax, reduce your stress levels, improve your flexibility, or simply boost your energy levels, this class will help you in achieving your health & fitness goals. Restore the natural length of your muscles and prevent your joints from being jammed from stress and prolonged working positions

Pilates for Runners

Calling all runners! Picking up an injury that stops your running routine impacts you physically but also mentally. That is why you should consider adding Pilates into your training routine. Pilates exercises don't just target the abdominals, but also the deep core muscles that support your spine and activate the other commonly neglected muscles in runners such as the glutes and inner thighs. As a result, you build greater core strength and control, which leads to improved posture and a more efficient running form, helping prevent injuries and achieve faster times!

Yoga HIIT

A stretch and a sweat in one place! Similar to our yoga classes but with a little added cardio to test yourself physically and mentally. Sure to leave you feeling less stressed and calmer. Ideal for the busy person with little time available to exercise.

Combat Fitness

A boxing-inspired cardio workout using high energy bodyweight exercises to release endorphins and get an enjoyable sweat on! Not only is this a great stress-reliever, but also helps keep your heart and lungs in tip-top shape.

HIIT Pilates

A core workout combined with some interval training! Similar to our Pilates classes but with added cardio to test yourself physically and mentally. Sure to leave your muscles feeling awake and your heart and lungs feeling grateful. Ideal for the busy person with little time available to exercise.



Dance Fit

Fun, high energy, and during times like these when the dance floors are closed why not bring to your home and enjoy a great workout guaranteed to leave you out of breath and with a smile on your face!

Mindfulness

A stretch and a sweat in one place! Similar to our yoga classes but with a little added cardio to test yourself physically and mentally. Sure to leave you feeling less stressed and calmer. Ideal for the busy person with little time available to exercise.

In the Kitchen

Join our nutritionist in the kitchen to learn all the top tips, tricks, and skills to preparing and cooking great meals and snacks that will help you manage your energy and support your health and fitness goals.

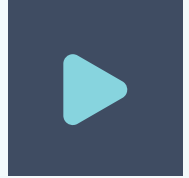
Family Fitness

A great way to begin the morning and get the energy and smiles for a Happy Friday. Fun, engaging and exercises that the whole family can do!

Zone Out Yoga

In Yin you can hold postures from 3 - 5 minutes at a time, usually with your eyes closed. This 'me' time is a great way to reflect and meditate and break out of those unhelpful postures. This class is the perfect body balancer for a busy and active life.

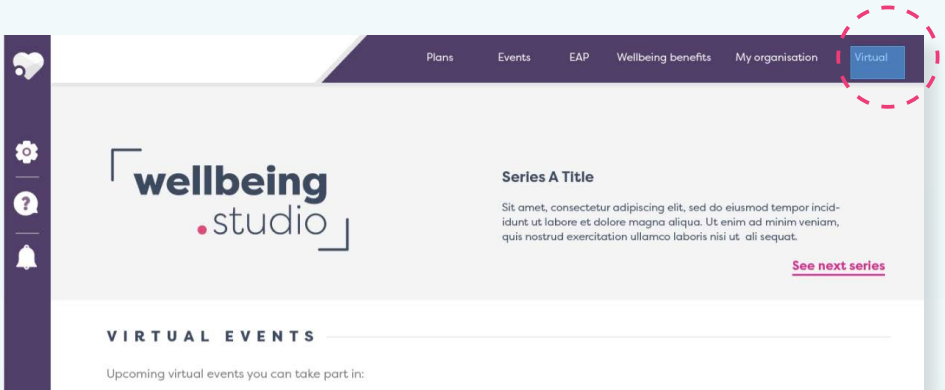
How to Access the Digital Gym



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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