Digital Gym

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

**week 1 only - Desk Yoga weeks 2-4**

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>08:00</td>
<td>Pilates Intermediate &amp; Advanced</td>
<td>Morning Energy HIIT</td>
<td>Wake Up Yoga - All Levels</td>
<td>Morning Mindfulness</td>
<td>Family Fitness</td>
</tr>
<tr>
<td>11:00</td>
<td>Pregnancy Pilates</td>
<td>Mobility &amp; Flexibility</td>
<td>Pilates for Beginners</td>
<td></td>
<td>Exercise for over 50s</td>
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<tr>
<td>12:00</td>
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<td></td>
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<tr>
<td>13:00</td>
<td>Quick HIIT &amp; Abs</td>
<td>Desk Yoga</td>
<td></td>
<td>**Guest Trainer Headon Boxing Club</td>
<td>HIIT Pilates</td>
</tr>
<tr>
<td>17:00</td>
<td>Home Gym - Resistance</td>
<td>Pilates for Runners &amp; Cyclists</td>
<td>Dance Fit</td>
<td></td>
<td>Zone Out Yoga</td>
</tr>
<tr>
<td>18:00</td>
<td>In the Kitchen</td>
<td>Combat Fitness</td>
<td>Pilates Intermediate &amp; Advanced</td>
<td>Bodyweight Strength</td>
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</tbody>
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Description of classes

**Guest Trainer – Headon Boxing Academy**
Join the infamous Headon Boxing Academy for a holistic approach to fitness - combining body, mind and stamina into one, whether you need to punch it out, sweat it out or stretch it out, you’ll get it all in this unique class!

**Pilates Intermediate & Advanced**
This class will work on improving posture, balance, and core strength while burning calories in the process! Pilates is the perfect accompaniment to any other type of sport or exercise. This class is programmed for intermediate and advanced levels, so if you are new to Pilates classes please check out our Pilates for Beginners class.

**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.

**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. This class is structured around quick bursts of effort followed by recovery periods using a variety of challenging but fun exercises. It finishes with a quick blast of abdominal and core exercises.

**Home Gym – Resistance Bands**
Grab your Resistance Bands and join us for this full body, intense workout. Each of our Resistance Bands classes is varied and targets all the big muscle groups in the body.

**In the Kitchen**
Join us from 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.

**Morning Energy 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 been jammed from stress and prolonged working positions.

**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.

**Pilates for Runners & Cyclists**
Calling all runners and cyclists. Picking up an injury that stops your sport routine can impact 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 and cyclists 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 technique, helping prevent injuries and achieve faster times!

**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.

**Wake Up Yoga – All Levels**
It is time to roll out of bed and on to your yoga mat and discover these hugely beneficial combinations 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. This classes caters for beginners and for those who are more experienced and advanced.

**Pilates for Beginners**
If you are new to Pilates we want to take the opportunity to ensure you enjoy your first experience. This class will coach you through learning the exercises that strengthen the core muscles of the hips, lower back and deeper abdominals.
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!

Morning 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. This class is a great opportunity to give yourself that time and practice becoming more comfortable in the present moment.

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.

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!

Exercise for Over 50s
This is the first of our ‘Exercise for Over 50s’ classes. Depending on our age, our body adapts differently to exercise. As we move through the decades of our life, it’s important to focus on the right type, frequency, and intensity of exercise we perform. This class will teach the correct techniques to perform the most important functional movements of the body, while getting the heart rate up at the same time.

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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