

# SCOTSMAN *Spa* & HEALTH CLUB

## *Clinic 1*

SATURDAY 21ST JANUARY  
**KETTLEBELL TECHNIQUES AND BENEFITS**  
SUITABLE FOR ALL LEVELS  
4PM WITH LUCY – 30 MINUTES

## *Clinic 2*

SATURDAY 28TH JANUARY  
**BENEFITS OF PILATES**  
SUITABLE FOR ALL LEVELS  
4.30PM WITH ROWAN – 30 - 45 MINUTES

## *Clinic 3*

SUNDAY 29TH JANUARY  
**UNDERSTANDING HEART RATE TRAINING**  
SUITABLE FOR ALL LEVELS  
2PM WITH CAROLINE – 30 MINUTES

## *Clinic 4*

SUNDAY 22TH JANUARY  
**BENEFITS OF GROUP CYCLING**  
SUITABLE FOR ALL LEVELS  
3PM WITH DEAN – 30 MINUTES