



3ness & Soul Network



Fitness & Soul Mansion Party Weekend 2021

*Wokefield Estate, Reading, Goodboys Lane, RG7 3AE
26th-28th November 2021*



INFORMATION BOOKLET

The Event Where Your Fitness Touches Your Soul

NESS Fitness Class Descriptions
Fitness & Soul Weekend
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CLASS	DESCRIPTION	PRESENTER
Aerobic Funky	We will be vibing it out to the sounds of funky house and garage. So if you like a party feel this is the total body aerobic workout for you. The class is designed to test your cardio capacity. Moves are effective, simple and layered. You will be given high and low impact options throughout, so the class is suitable for all levels.	Natalie Reme
Afrobeats	A vibrant dance class to a blend of African funk and pop music that makes your heart beat. Whine your waist and work your core burning calories like never before. Afrobeats will have you feeling hyped, energised and wanting more.	Chris Roberts
Aqua Karaoke	Not just any aqua class! Julian will be ensuring you work every muscle with the help of water resistance and to add that touch of fun, you will be encouraged to belt out some of the best popular anthems to exercise your lungs.	Julian Baker
Aqua float FIIT	HIIT has hit the water. Can u balance your way through this interval training or will you take a plunge.	Sunny Singh
Body Sculpt	This is a total body strength and conditioning workout designed to tone your muscles. Be prepared to shed a maximum amount of sweat, using a combination of weights, body weight, high and low impact cardio moves. You will be challenged. This class suitable for all levels.	Natalie Reme
Booty Bands	SimSemaFitness Booty rubber loop bands are designed to be placed around the thighs. They are used as part of a physical exercise program with the intention to add an additional resistance challenge to natural movements such as squats, lunges, slides, and kicks. which will improve the performance of lower body parts exercises. Therefore, it is basically focused on the gluteal muscles.	Sim Sema
Burn (Booty)	Are you ready to feel the BURN? This is a glute focused full body workout using mini resistance/booty bands. The high energy, feel good music will almost make you forget your glutes are on fire!	Krystle Hurley
Cardio Boxing	A non contact hard HIITing stress busting workout. Combining traditional training movements of a boxer performed in sequences to create an aerobic effect. This class will challenge all fitness levels, build stamina, improve coordination and burn calories.	Chris Roberts
Cycle HIIT	HIIT meets Indoor cycling. Bringing the party vibes with some motivatin0g up-tempo bangers. Cycle HIIT is an intense full body workout designed to build endurance and increase your post workout calorie burn.	Krystle Hurley
Deep House Cardio Conditioning	Total body fusion of cardio and conditioning to push you to the max! All levels are welcome to this ultimate sculpting class!	Vikki Gamblen
F.I.T. COMBAT	An easy to follow fun high energy cardio workout where you will learn a sequence of combat inspired moves built up into a combination. Working to the beat of the music to keep you motivated and moves that will unleash your inner beast mode.	Faye Edwards

F.I.T. JAM	A fun confidence boosting dance fitness concept where you will learn easy to follow routines that are very clearly broken down stage by stage. It's all about the fun factor, letting go and embracing freedom to move and feel good about yourself. This dance session is for all levels and abilities especially welcoming begginers. The class offers an array of music genres such as Dancehall, Soca, Afrobeats, Garage, House and more!	Faye Edwards
F.I.T. STRENGTH	A strength and conditioning workout designed to improve technique, range of movement, muscular strength and endurance. This is all about quality over quantity working time under tension with moderate to heavy weight and low reps. The format consists of supersets and trisets and designed to build your confidence in strength training and safe technique.	Faye Edwards
Fit2Fite 'Fighting Moves to Funky Grooves'	FIT2FITE Fighting Moves To Funky Grooves. Kicks, punches, blocks and sweeps forged together in a non contact form to enhance strength, stamina and suppleness and deliver tone, timing and an uplifting workout.	Greg Francis
Fit2Fite 'Fighting Moves to Gospel Grooves'	FIT2FITE Fighting Moves To Gospel Grooves. Kicks, punches, blocks and sweeps forged together in a non contact form to enhance strength, stamina and suppleness and deliver tone, timing and an uplifting workout. Throw in some sweet Gospel House and your Sunday is complete.	Greg Francis
Fit2Fite 'Flexibility'	This ancient practice is more than 5,000 years old but its benefits are timeless. Decreased stress, increased energy and greater flexibility can all be gained from a regular yoga stretch. You won't need 5,000 years just 40 minutes for Dianne to stretch you off Fit2Fite Yoga style.	Dianne Reilly
Fitness Innocycle	High intensity Cycle through different genres of banging tunes focusing on strength and endurance. Get ready to ride and rave!!!	Vikki Gamblen
Float Warrior	Test you and your partners in a core strengthening class on the water!!! Will ur core keep you dry or get U wet wet wet!!!!	Sunny Singh
Flostretch	Feel the peace as u float into bliss and stretch that body out and relax and float.	Sunny Singh
Foam Roller Workout	A foam roller stretch and massage class designed to stretch out and relax over exercised muscles. Especially beneficial for tension release in the inner and outer thigh, lower back and calf muscles. You will use your own bodyweight on the cylindrical foam roller to self-massage and release the problem areas. This will increase blood flow and circulation and improve flexibility and range of movement thus reducing the likelihood of injury.	Winston Squire
Garage Jam	A blend of hi/lo aerobic choreography blended with pumping Garage music - Come Jam with Pauline.	Pauline Thomas
H.I.I.T House	Love house music, love HIIT just want to get fit. HIIT House is the answer. Using tech house, funky house & classic house tunes this class will move you through rounds of training pushing your aerobic & anaerobic thresholds. One of the funkiest classes you will ever attend - don't forget its house every weekend!!!!	Dean Heitman & HIIT House Team
Hip-Hop Step	Hip Hop Step - low impact exercise which promotes Weight Loss, Muscle, and Bone Health. Our upbeat step class is set to Hip Hop music, with fun and easy routines. Ideal for all levels of fitness and step experience.	Patrick Sinclair

Kettlebells	Kettlebell training is one of the most effective and exciting ways to train. It will burn fat; make you fit, flexible and super-strong. Combine it with great music and Robert's infectious personality you will get an unbelievable workout that will tone your entire body!	Robert Sharpe
Megga Balls	The Megga ball work out is a high octane functional driven core training class, which incorporates an aerobic routine with muscular strength and coordination for the upper and lower body to popular Reggae music. So bring your smiles along and bounce along with Winston!	Winston Squire
Pilates Flow	A Pilates class where one exercise will flow into another. Pilates Flow uses exercises to improve posture, strength, coordination and balance. You will feel longer, stronger and revitalised.	Carroll Locke
Powerwave	PowerWave - The revolutionary Workout! This is a total body high intensity interval training program to increase metabolism, strength, and endurance as you train your body to burn fat during and after each session. HIIT/Cross training type workout for the entire body using a weight bag to assist with exercises that work on posture, core strength and endurance.	Patrick Sinclair
Pulseroll	This time Carroll is bringing an exclusive combination Pulseroll and Mini gun class! Most are familiar with the amazing releasing effects of the vibrating roller. Now we take it to another level with the small but powerful Mini gun. Come and experience the release of tight muscles, improved flexibility and ease of movement from this session.	Carroll Locke
Pump Sensation	Pump sensation uses a Push-pull style of training that structures the workout based on your muscles' movement patterns. In the "push" workout you train all the upper body pushing muscles, i.e. the chest, shoulders and triceps. In the "pull" workout you train all the upper body pulling muscles, i.e. the back and biceps. And in the "legs" workout you train the entire lower body, i.e. the quads, hamstrings, calves and abdominals. Once we have trained the whole body we then finish with a finisher that will leave you feeling great and leaving on a high.	Julian Baker
Ragga-Ton	Dance styles and amazing tunes from Puerto Rica and Jamaica combined. Rob will be bringing you a fun, easy to follow, spicy dance routine which will leave you wanting to wind the night away	Robert Sharpe
Rebound	Rebounding is a bouncy, sweaty, fun and motivating workout that burns 100's of calories, stimulates lymphatic drainage, improves the immune system, posture and reduces body fat. The rebounder provides a low impact surface, so this class is suitable for all to enjoy!!!	Vikki Gamblen
Reggae Cycle	Cycling to the rhythmic beat of smooth Reggae music - watch for the bumps when the Ragga comes in!!	Winston Squire
Relaxation Yoga & Meditation	Lisa will take you through a relaxing yoga class to increase your flexibility and speed up recovery as well as encouraging you to meditate to relax your mind, decrease stress and focus purely on yourself.	Lisa Cuerden
Reme Ride	It's all about the music let's spin, dance and sing our way through a sweat fest of anthems.	Natalie Reme
Rock It Resistance	Grab your Glutebands and let's feel the burn! This resistance session combines aerobics with that added intensity!	Rhona Noel

Run With Winston Sprint Interval Training	Interval training is an excellent way to burn more calories, build endurance quickly and make workouts more interesting. Interval training involves alternating high intensity exercise with recovery periods. EXAMPLE : component of speed, agility and quickness (SAQ).	Winston Squire
Soca Junkie	This is a fun energetic whine up. Plenty of gyrating and whining comes as standard, this class uses simple moves core moves to help blitz those legs, bums and tums! Soca Junkie is suitable for all everyone. So, be ready to sweat while we fete! Oh, and don't forget your whistles, rags and island flags!	Natalie Reme
Soul2Sole Heels	Soul2Sole Heels has been changing the lives of women by creating a safe space for them to explore their inner sexy, build body confidence, self esteem and become a part of a unity of women offering nothing but love, support, comfort, guidance and encouragement. Grab your heels and come join the fun.	Charmaine Grant
Spin Party	Party Hard', 'Cycle Harder', No one likes to miss a good party and you are all invited! Just bring a bottle, your energy and a your vibe and you are in.	Pauline Thomas
Spin Sensation	A full body blast, pushing your body to the limit while feeding your soul with music of all types that will make your heart sing. (During and after the class!)	Julian Baker
Steel Mace UK	Train like an ancient Hindu warrior with the Steel Mace as your weapon of choice. Swing, Squat and Spear to strengthen the entire body, then gracefully flow to connect the mind to the body with beautiful movement.	Robert Sharpe
Step Another Level	Step this way to an easy fun loving step workout with Chris. The choreography is designed to test you no matter what your level - so as the class says, 'Step Another Level!!!'	Chris Roberts
Step...With Attitude	Follow Pauline to the edge of blistering step choreography. This test will test all levels - you just need to add the attitude!!	Pauline Thomas
Step...With More Attitude	Follow Pauline to the edge of blistering step choreography. This test will test all levels - you just need to add the attitude!! This is Part 2 - do not miss this episode.	Pauline Thomas
Street Dance Diva	So you think you can dance? Of course you can! Pauline will ease you thru a dance routine that will keep a smile on your face all weekend. All levels are welcome.	Pauline Thomas
Stretch It	Let's Stretch it out, the Rock it with Rho way! Our stretch class focuses on your personal flexibility, alignment and mobility. You'll leave this session feeling incredible!	Rhona Noel
Sunday Morning Stretch	Join Chris for a soulful Sunday stretch. Lengthen and let go, relax and release, easy does it.....	Chris Roberts
The Rough Ride	The Indoor Cycle class where you'll get trashed!! You'll get lost pedaling to killer music, a balance mixture of new and old skol dancehall, jungle, funky house and R&B. We will be pedalling to the powerful beats while we create an energetic atmosphere. Enjoy this Fun & Effective, Low Impact Workout while we burn those calories A varied style and intebse class suited to all levels.	Sim Sema
Totally DnB Ride	High intensity cycling to DNB Anthems, with a little MCing thrown in!	Dean Heitman

Totally Shredded	The equipment free drum and bass class that incorporates cardio, combat, upper body, lower body and plyometrics all in one. This workout will make you sweat from head to toe but give you the endorphin rush that leaves your body wanting more.	Dean Heitman
Twerk	It has found its way into the Oxford Dictionary, it's been controversial, now it's going commercial and if Miley can do it, we can do it better! Twerking may have gotten a bad reputation but it's great for toning the thighs, butt and core. Get strong and powerful, get those legs jiggling and booty popping in this outrageous, energetic dance conditioning class.	Sunny Singh
Ultimate Bag Workout	The ultimate punchbag workout with a drum & base vibe. Are you ready for a boxing fitness party?	Dean Heitman
Vinyasa Freedom Flow	A yoga class for all levels - connecting movement and breath, finding freedom in the body to help find freedom and stillness in the mind.	Lisa Cuerden
Vinyasa Power Flow	Lisa will take you through a challenging yoga class linking postures together with the breath, the focus is on movement and grace, you will increase your strength and flexibility and at the same time relax your mind.	Lisa Cuerden
Waistline Workouts	Our Infamous workout is ready to take over the 3ness festival! Get ready for Soca Aerobics combined with Waistline Drills and techniques.	Rhona Noel
X-Fight	X Fight - a combat-inspired HiiT workout, developed and designed by Patrick Sinclair and Daniel Ducket. Patrick will take you through combination katas on the bag, that build up into fun routines. And let's not forget the X Fight HiiT portion of the class, with timer-based focused exercises. You are guaranteed a full-body workout that will challenge your fitness and improve your cardio and coordination.	Patrick Sinclair
X-Fight Impact	Drum and bass music fans will love the underground club vibe associated with this martial arts based workout. Donning boxing gloves, you and your friends will be working with a floor standing punch bag in this combat style workout - ideal for releasing stress after a busy day! Mixing both cardio and strength work, you'll perform power punches such as hooks and uppercuts, as well as fast-paced jabs and crosses, front kicks and knees, as well as evasive blocks and ducks for a full body workout that engages your muscles and improves your cardio and stamina. Certainly a class to keep you fighting fit!	Patrick Sinclair
Yoga	Let Dianne take you on a journey through this ancient art based harmonizing system of development for the body, mind, and spirit. The continued practice of yoga will lead you to a sense of peace and well-being, and also a feeling of being at one with your environment.	Dianne Reilly