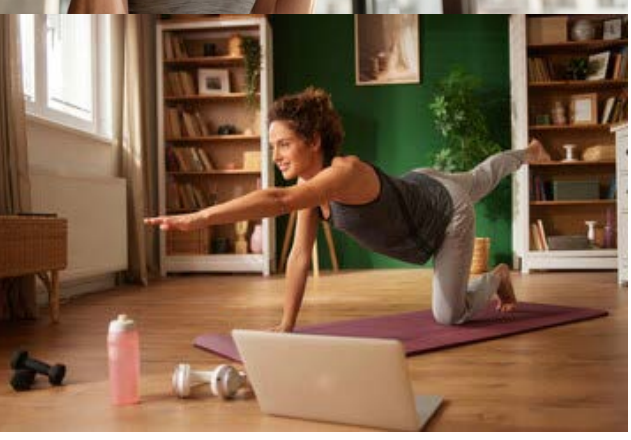

CLAIRE WHARTON
QUALIFIED INSTRUCTOR

As a valued Sponsor of the Owners Clubhouse, Claire announces her amazing variety of classes **FOR ALL AGES AND ABILITIES.**

PILATES

For all abilities with mats, bands, balls, blocks.

CHAIR PILATES

Suitable for people unable to get on the floor, recovering from injury, knee & hip replacements. Pilates usually takes place in the Owners Club activity room or in the Summer months outside under the Pavilion.

NORDIC WALKING

A friendly group that walk & talk.
We supply the poles. Warm up, walk, coffee, walk back & stretch down. We walk about 4 miles although you can build up to this.

HIIT

High intensity interval training. Short quick burst of activity with a few seconds rest.
40 minute class takes place outside in the El Rancho Garden.

STRENGTH CLASSES

Working to your own ability improving strength through resistance with dumbbells
or your own body weight.

ONE TO ONE SESSIONS

Tailoring a workout program to suit your needs. Whether it's recovering after an operation/injury or need more personal support through exercise.

Contact Claire Wharton

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Or WhatsApp Message only
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