TIPPERARY WELLNESS
QIGONG & YOGA

tipperarywellness.ie

FOR GYMS · FITNESS STUDIOS

Recovery and mobility your members will actually do

Give your members the recovery and mobility work most of them skip. Kimberly can run a regular class on your timetable, or a one-off workshop.

SESSIONS

RECOVERY

Yin Yoga

Long, supported stretches held for several minutes. Good after heavy training days, and a calm class to end the week.

Mats · All levels

CONDITIONING

Active Yoga

A stronger, flowing class for mobility, core strength and conditioning.

Mats · Sportswear

SOMETHING DIFFERENT

Qi Gong

Standing movement and breathing for balance and recovery, and something none of your competitors are offering.

No mats needed · All levels

ONE-OFF

Mobility workshops

A focused session for members on hips, shoulders and spine.

90 minutes · Members' event

WHY ADD IT

The work members know they should do

Retention

A calmer class on the timetable. Gives members a reason to come in on rest days.

Reach

New faces. Yin and Qi Gong appeal to people who'd never join a HIIT class.

Easy to run

Nothing to organise. Kimberly plans and leads the class; you provide the space.

THE PRACTICAL DETAILS

SPACE	Studio or open floor space
EQUIPMENT	The gym's own mats, or Kimberly brings them
LENGTH	Flexible, from 30 minutes to an hour or more
FORMAT	Weekly timetabled class, or a one-off workshop
COST	Quoted per class or per workshop, to suit your timetable.
INSURANCE	Fully insured

HOW TO BOOK

01 Taster
A free-to-members class to gauge interest.

02 Weekly class
A regular slot on your timetable.

03 Workshop
A one-off mobility or recovery session.

04 Block
A 6-week course members sign up for.

ABOUT KIMBERLY

A qualified teacher and certified Qi Gong and yoga instructor, based in Templemore. Kimberly has taught at secondary level, worked as an SNA in a primary-school autism unit, and runs sessions for Age Action Ireland and the Alzheimer Society.

BSc (Education) · Qi Gong · IHQGA · 250-hr Yoga · Rainbow Kids Yoga · Yin Yoga · Fully insured

GET IN TOUCH **Kimberly is happy to call in for a chat, or to run a taster first.**

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MORE ONLINE
tipperarywellness.ie/fitness/

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