



Presents



**Women's Wellness
& Fitness Festival**

Bowood Hotel & Spa

17th May 2026



Welcome Pack

Welcome to a day designed just for you.

We're so excited to bring together an inspiring line-up of instructors for a full day of energising workouts and empowering, feel-good sessions created specifically for women. Whether you're here to move, recharge, connect, or simply try something new, this event is all about celebrating strength, wellbeing, and community in a supportive and uplifting environment.

Throughout the day, you'll have the chance to experience a variety of session styles including Strength, Ibiza Flex, Clubbercise, Aerobics, Fitness Fusion, as well as dedicated Menopause and wellness sessions. There's something for everyone, no matter your fitness level or experience.

Your day will begin with a warm welcome, including tea and coffee on arrival, followed by a delicious buffet lunch to keep you fuelled. You'll have full access to the beautiful Kerry Suite at Bowood Hotel, Spa & Golf Resort, including the outdoor

terrace and bar - the perfect space to relax, socialise, and soak up the atmosphere between sessions.

Alongside the workouts, you can browse a range of stalls throughout the day, adding even more to your experience.

Please remember to bring a mat and hand weights, or filled water bottles, for the Lift Lean and Ibiza Flex sessions.

If you have any questions, please email me at roz@rozchandlerfitness.co.uk, or call me on 07910 627843.

Get ready for a fantastic day of fitness, connection, and positivity - we're so glad you're here :)



Roz Chandler, Roz Chandler Fitness



Getting here



How to get here

Our event is easily accessible from:

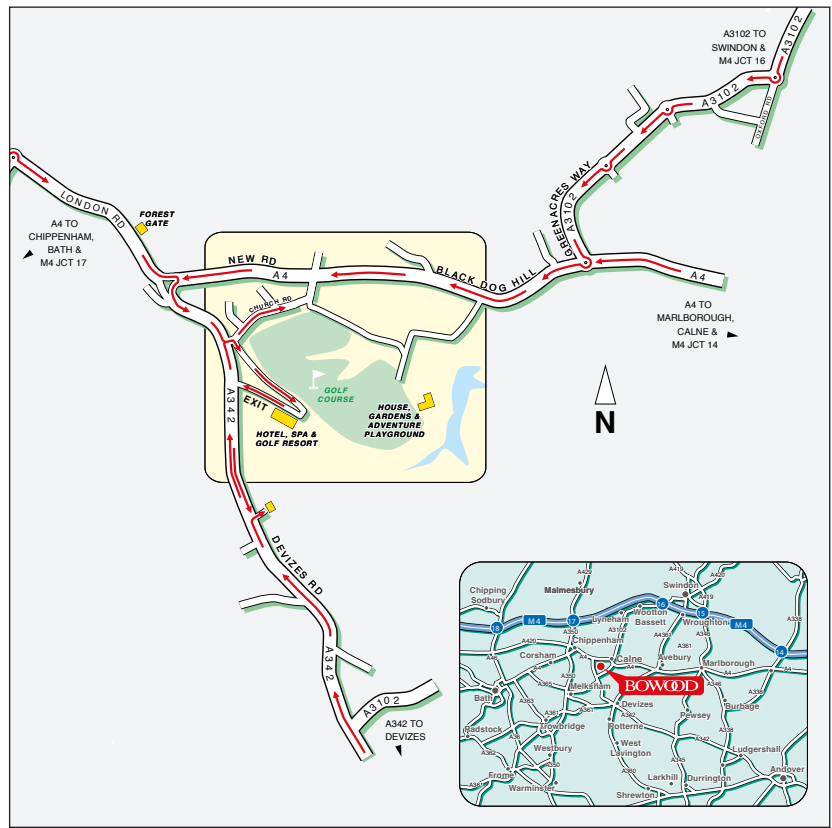
M4; J17 from West, J16 from East

A4 from Marlborough

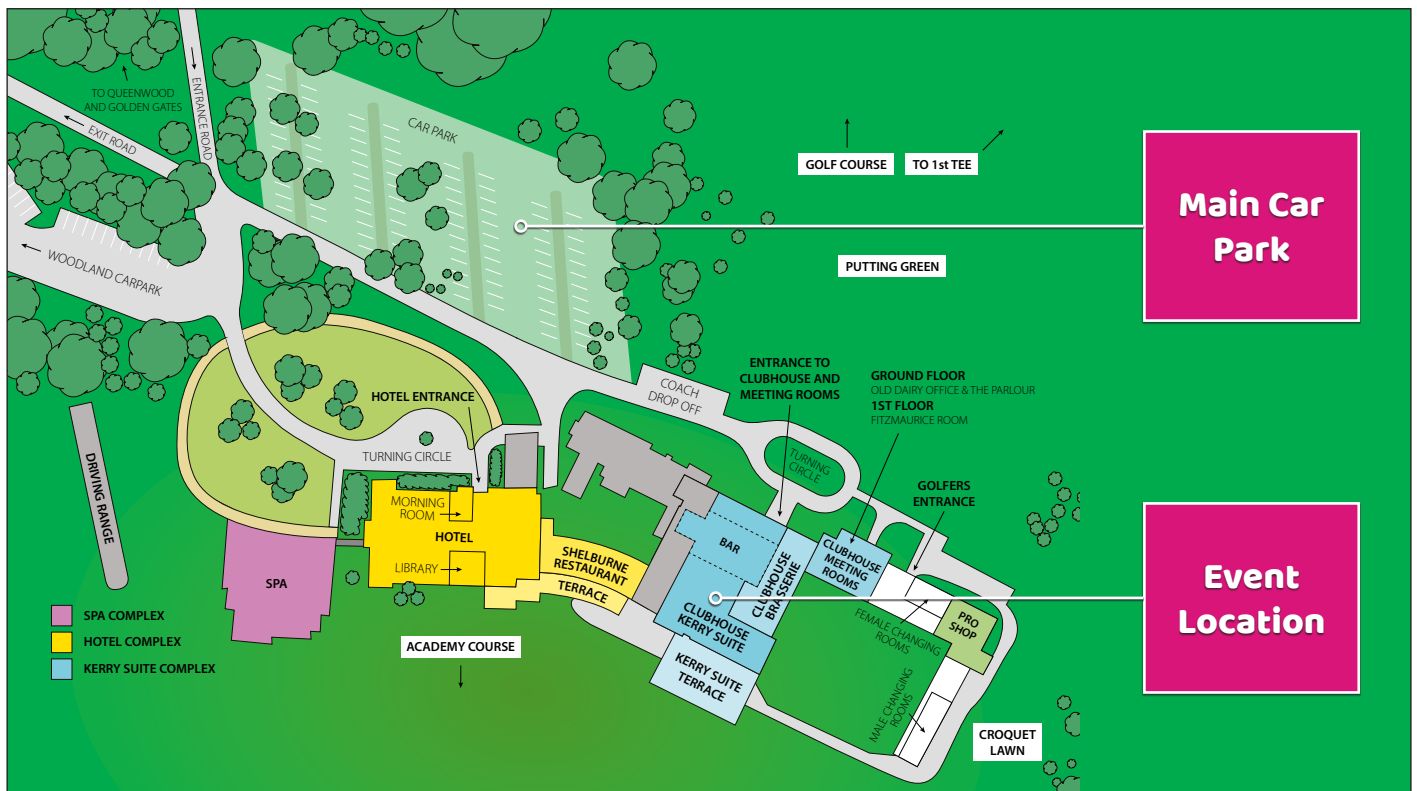
A342 from Andover A350 via Warminster and Westbury.

Address for satnav:

Bowood Hotel, Spa and Golf Resort.
Derry Hill, Calne
Wiltshire.
SN11 9PQ.



Map of Venue



Timings:

The event is from 10am to 3pm

Registration is from 9.30am to 10am

Head for the **Clubhouse Kerry Suite** at the hotel and grab your complimentary tea or coffee.
(see map on previous page)

Please remember to bring a mat, hand weights (or filled water bottles), and your trainers. Water will be available at Bowood, but feel free to bring your own if you prefer.

Staying Over

Why not make a weekend of it and stay at the amazing **Bowood Hotel and Spa**. Mention you are attending the event and you'll get a **20% discount**. Bowood are offering the following:

£147 bb on single occupancy

£160 bb on double/twin occupancy.

There is also a [Travelodge](#) and [Premier Inn](#) within 20 minutes drive of the venue.



Bowood Hotel and Spa

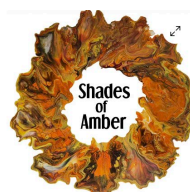


Chippenham Travelodge



Chippenham Premier Inn.

In association with: (in alphabetical order)



Sun 17 May - Morning Schedule

9:30 - 10:00	Welcome Drink and Registration @ The Kerry Bar
Come and grab your FREE Tea or Coffee	
10:00 - 10:05	Rozs Welcome Warm up! @ The Kerry Suite
Start your day with Roz and get moving with a fun, feel-good warm-up	
10:05 - 10:30	Feel Good Aerobics with Kelly White @ The Kerry Suite
Freestyle Aerobics: a dynamic, full-body workout designed to energise and inspire. Set to an uplifting playlist, this session features easy-to-follow choreography with both high-and-low-impact options, making it accessible for all fitness levels. Blending movement, music, and motivation, it delivers an effective cardiovascular workout while boosting your mood and confidence.	
10:40 - 11:00	Reflexology - Relax Restore Rebalance with Tracey Andresen @ The Kerry Suite
Discover how reflexology can help calm the mind, support the body, and bring you back into balance. We explore how targeted pressure points on the hands and feet encourages deep relaxation, aids natural healing, reduces stress and improves overall wellbeing.	
11:05 - 11:30	Lift Lean with Roz @ The Kerry Suite
Bring some hand weights, filled water bottles or you can do it without for an invigorating Fat burning and toning session set to fab motivating music!	
11:35 - 11:55	Negotiating with Mountains (and Menopause) with Sharon Avery @ The Kerry Suite
<p>Negotiating with Mountains (and Menopause). Sharon Avery of Sharon Jayne Fitness spent thirty years as a Public Protection Detective, specialising in everything from domestic abuse to hostage negotiation before retiring and retraining as a Personal Trainer, Fitness Instructor, Menopause and Womens Coaching Specialist.</p> <p>Essentially, she's spent three decades mastering the art of high-stakes mental resilience - a skill that comes in remarkably handy when your own brain starts trying to negotiate its way out of a steep incline at 4,000 metres.</p> <p>Having traded the police station for the great outdoors, Sharon has conquered ten marathons, scaled Kilimanjaro, and trekked across the Sahara.</p> <p>She's living proof that midlife isn't the beginning of the end; it's simply the point where you realise that if you can handle a cold case review, you can definitely handle a bit of sand in your boots.</p> <p>Sharon joins us to dive into the mechanical and mental blueprint required to take on "bucket list" treks when your body - and the menopause - might have other ideas. She focuses on the specific fitness conditioning and psychological grit needed to ensure you don't just "survive" an adventure, but actually have the strength to enjoy the view.</p> <p>Whether you're prepping for a mountain peak or just want to feel "expedition-ready" in your fifties, Sharon will show you how to train your body and brain to stay in the game.</p>	

Sun 17 May - Afternoon Schedule

12:05 - 12:35	Lunch @ The Kerry Bar
12:40 - 13:05	Fitness Fusion with Roz Chandler @ The Kerry Suite
From Clubbercise to Dancefit! Come and wake up after lunch with a lively session! Suitable for all levels	
13:10 - 13:30	From Hot Flush to Inner Calm with Rachel Hopwood @ The Kerry Suite
A gentle, supportive workshop guiding women through menopause using plant and flower essences to ease overwhelm, calm the mind and restore inner balance.	
13:35 - 13:55	Pilates with Alice Funky Monkey @ The Kerry Suite
14:00 - 14:25	Feel good sassy hoedown with Sam Horton @ The Kerry Suite
A fun, low-impact dance session with easy-to-follow routines and a touch of line dancing. Designed to help you move more freely, build confidence, and enjoy exercise in a relaxed and supportive environment.	
14:35 - 14:50	Ibiza Flex with Roz Chandler @ The Kerry Suite
Relax stretch and breath with Roz in this chilled out session set to Ibiza Chillout tunes	
14:50 - 15:00	Group Dance Finish, Thank Yous and Goodbyes!



Exhibitor List and Layout

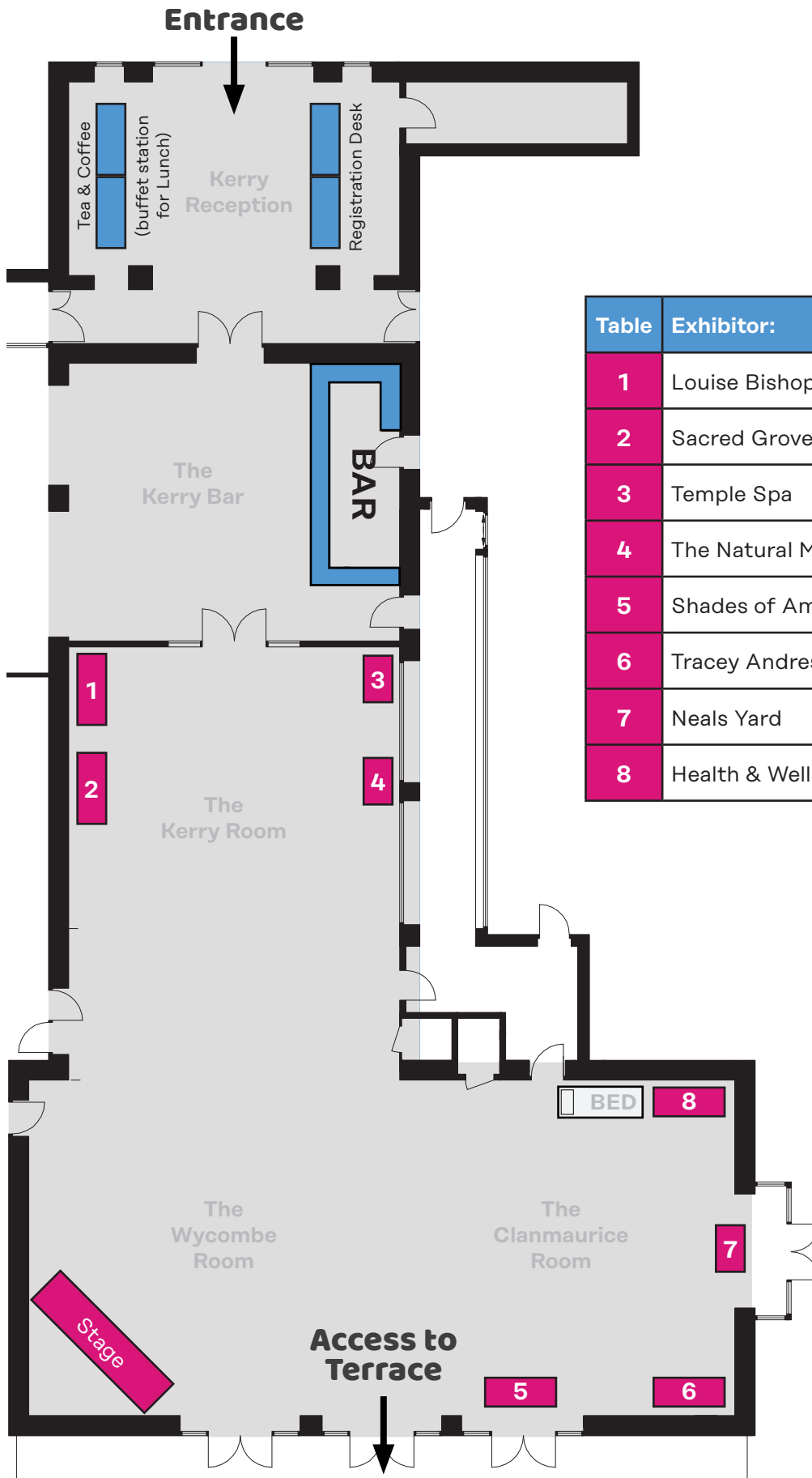


Table	Exhibitor:
1	Louise Bishop Therapy
2	Sacred Grove
3	Temple Spa
4	The Natural Mind Practice
5	Shades of Amber
6	Tracey Andresen Reflexology
7	Neals Yard
8	Health & Wellbeing Therapies

We look forward to seeing you!



www.rozchandlerfitness.co.uk

