



Cafe Rachel - Medi 2026 - Strong & Resilient

www.rbhfitness.co.uk

14/09/26 - 24/10/26

rbhfitnesswales@gmail.com

Cafe Chat

Why Technique Matters - Getting it right first time

How long does it take to get fit? How can I make this quicker?!

Why active recovery is your secret weapon

How to manage the "bad days"

Pilates for Strength

Planning your future makes sense

	Dydd Llun Monday	Dydd Mawrth Tuesday	Dydd Mercher Wednesday	Dydd Iau Thursday	Dydd Gwener Friday	Dydd Sadwrn Saturday
14 <i>September</i>	07:00 - 07:20 S&C Workshop 07:30 - 07:50 Metabolic Monday 18:00 - 18:20 Dumbbell Workout	15 07:00 - 07:20 Cardio Workout 07:30 - 07:50 Kettlebell Conditioning 19:30 - 20:15 Café Chat	16 07:00 - 07:20 Barbell Workout 07:30 - 07:50 Loaded Pilates 18:00 - 18:30 Core & Restore	17 07:30 - 07:50 Pilates Mat Work 19:30 - 20:00 Café Chat	18 07:00 - 07:20 Morning Breathwork & Stretch 07:30 - 07:50 Functional Fitness	19 08:45 - 09:00 Motivate Me 09:00 - 09:30 Standing Pilates
21	07:00 - 07:20 S&C Workshop 07:30 - 07:50 Metabolic Monday 18:00 - 18:20 Dumbbell Workout	22 07:00 - 07:20 Cardio Workout 07:30 - 07:50 Kettlebell Conditioning 19:30 - 20:15 Café Chat	23 07:00 - 07:20 Barbell Workout 07:30 - 07:50 Loaded Pilates 18:00 - 18:30 Core & Restore	24 07:30 - 07:50 Pilates Mat Work 19:30 - 20:00 Café Chat	25 07:00 - 07:20 Morning Breathwork & Stretch 07:30 - 07:50 Functional Fitness	26 08:45 - 09:00 Motivate Me 09:00 - 09:30 Standing Pilates
28	07:00 - 07:20 S&C Workshop 07:30 - 07:50 Metabolic Monday 18:00 - 18:20 Dumbbell Workout	29 07:00 - 07:20 Cardio Workout 07:30 - 07:50 Kettlebell Conditioning 19:30 - 20:15 Café Chat	30 07:00 - 07:20 Barbell Workout 07:30 - 07:50 Loaded Pilates 18:00 - 18:30 Core & Restore	01 <i>October</i> 07:30 - 07:50 Pilates Mat Work 19:30 - 20:00 Café Chat	02 07:00 - 07:20 Morning Breathwork & Stretch 07:30 - 07:50 Functional Fitness	03 08:45 - 09:00 Motivate Me 09:00 - 09:30 Standing Pilates
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**Dydd Mawrth
Tuesday**

**Dydd Iau
Thursday**

**Dydd Sadwrn
Saturday**

Why Technique Matters - Getting it right first time

How does the body learn new skills? Find out how we can shortcut our learning techniques to help use lift well, and reduce the risk of injury. We will look at the neuromuscular pathways as well as learning patterns, how to improve your confidence and how to get stronger

17 Looking at the latest research into how what we eat and when we eat makes a huge difference to our everyday energy levels, as well as support our health and fitness journey

19 Life is easier when we have systems in place to support our fitness journey. Learn how to use the system technique to support yours

How long does it take to get fit? How can I make this quicker?!

22 We all want pretty quick return on our efforts to improve our fitness - so why not find out about ways that your body gets fit and how to maximise this potential

We all know that drinking water is good for us - but this can sometimes feel like a chore. This session looks at why hydration matters and how to make it easier to get great results from making this work for us.

26 Goal Setting can be both motivating and daunting - understand how to do this in a way that supports you and not make you feel like you are always failing..

Why active recovery is your secret weapon

We can sometimes feel guilty when we rest, or feel too busy to have time to rest, or find that our rest is complete exhaustion. Understand the science of healing and repair of the body by using active rest to support your fitness and wellbeing

If you have trouble sleeping, or find yourself waking up early, then listen to this podcast on how to improve your sleep pattern and why this is crucial to support your mental health and wellbeing, as well as your body recovery from exercise.

03 A short checklist on how to prioritise your recovery to support your brain health

How to manage the "bad days"

06 When we first start to make changes to our exercise, we can find it motivating, but then life gets in the way, we lose our thread and feel like throwing it all in....Find out how to manage the tricky times and get back to doing the things you want to do again with renewed energy and focus

Anxiety can cause us many issues, and we know that regular exercise helps this - but did you know that science indicates ways that nutrition and diet can also help us manage our anxiety... and no, not just chocolate (!) but many other things too

10 Why does taking a deep breath calm us down? Understand and harness this secret skill

Pilates for Strength

13 Pilates is a well recognised training programme to improve core strength and balance - but did you know that you can also use this to improve your strength and conditioning? Looking at the Pilates principles to support your bone and muscle health.

We want to make sure that we fuel our bodies ready to do Pilates - but know that eating too soon before class can make us feel uncomfortable, or bloated, or feel lacking in energy before the session. Find out ways to keep working without fatigue

Joseph Pilates taught us more than just the exercises - have a listen to some of the ways to be "present" in your Pilates practice that will bring a sense of peace and calm to your life

Planning your future makes sense

Understanding how planning helps reduce stress, helps us sleep, reduces anxiety, gives us a chance to feel happier and in control of what we want to do and why we are doing it - it the magic formula. Let us stand on the shoulders of giants and find out what research says works well for us

When life is busy and we grab food on the go, we can sometimes underfuel for exercise and overfuel for unwanted weight gain. What can we learn from when to eat, what to eat and cheat eats when on the go that support us to keep feeling energetic and healthy

Looking back on what we have learnt this Café and how to keep the things we have valued as part of our lives even when we are no longer together as a group