



# CAFE SPRING 25 CALENDAR

[www.rbhfitness.co.uk](http://www.rbhfitness.co.uk) Evidence-Based Strategies for Healthy Ageing [rbhfitnesswales@gmail.com](mailto:rbhfitnesswales@gmail.com)

18.03.25 - Exercise as Medicine - The Role of Physical Activity in Healthy Ageing

25.03.25 - Nutrition & Longevity - Can diet slow the ageing process?

01.04.25 - The Science of Pilates - How it enhances mobility, posture and bone health

08.04.25 - Strength training & Cognitive Health - the overlooked connection

15.04.25 - Sleep & Ageing - why restorative sleep is essential for longevity

22.04.25 - Inflammation & Ageing - the silent driver of degeneration

29.04.25 - The Psychology of Healthy Ageing - Confidence, Motivation, and Longevity Mindset

March



April



May

17 <b>Metabolic Morning</b> 07:30 - 07:50 Introduction 18:30 - 18:55 Pilates 19:00 - 19:35	24 <b>Metabolic Morning</b> 07:30 - 07:50 Dumbbells 18:30 - 18:50 Pilates 19:00 - 19:35	31 <b>Metabolic Morning</b> 07:30 - 07:50 Dumbbells 18:30 - 18:50 Pilates 19:00 - 19:35	07 <b>Metabolic Morning</b> 07:30 - 07:50 Dumbbells 18:30 - 18:50 Pilates 19:00 - 19:35	16 <b>07:30 - 07:50</b> Kettlebell Conditioning  <b>Core &amp; Restore</b> 19:00 - 19:35	26 <b>Standing Pilates</b> 09:00 - 09:30  <b>Motivate Me</b> 09:30 - 09:45
18 <b>HIIT</b> 07:30 - 07:50  <b>Cafe Chat</b> 19:30 - 20:00	25 <b>HIIT</b> 07:30 - 07:50  <b>Cafe Chat</b> 19:30 - 20:00	01 <b>HIIT</b> 07:30 - 07:50  <b>Cafe Chat</b> 19:30 - 20:00	08 <b>HIIT</b> 07:30 - 07:50  <b>Cafe Chat</b> 19:30 - 20:00	17  <b>Pilates</b> 07:30 - 07:50	28 <b>Metabolic Morning</b> 07:30 - 07:50  Dumbbells 18:30 - 18:50 Pilates 19:00 - 19:35
19 <b>Weighted Workout</b> 18:15 - 18:45  <b>Back Care Pilates</b> 19:00 - 19:35	26 <b>Weighted Workout</b> 18:00 - 18:55  <b>Back Care Pilates</b> 19:00 - 19:35	02 <b>Weighted Workout</b> 18:00 - 18:55  <b>Back Care Pilates</b> 19:00 - 19:35	09 <b>07:30 - 07:50</b> Kettlebell Conditioning  <b>Core &amp; Restore</b> 19:00 - 19:35	22 <b>HIIT</b> 07:30 - 07:50  <b>Cafe Chat</b> 19:30 - 20:00	29 <b>HIIT</b> 07:30 - 07:50  <b>Cafe Chat</b> 19:30 - 20:00
20  <b>Pilates</b> 07:30 - 07:50	27  <b>Pilates</b> 07:30 - 07:50	03  <b>Pilates</b> 07:30 - 07:50	10  <b>Pilates</b> 07:30 - 07:50	23 <b>07:30 - 07:50</b> Kettlebell Conditioning  <b>Core &amp; Restore</b> 19:00 - 19:35	30 <b>Weighted Workout</b> 18:15 - 19:00  <b>Pilates Release</b> 19:15 - 20:00
21  <b>Functional Fitness</b> 07:30 - 07:50	28  <b>Functional Fitness</b> 07:30 - 07:50	04  <b>Functional Fitness</b> 07:30 - 07:50	14 <b>Metabolic Morning</b> 07:30 - 07:50 Dumbbells 18:30 - 18:50 Pilates 19:00 - 19:35	24  <b>Pilates</b> 07:30 - 07:50	01  <b>Pilates</b> 07:30 - 07:50
22 <b>Standing Pilates</b> 09:00 - 09:30  <b>Motivate Me</b> 09:30 - 09:45	29 <b>Standing Pilates</b> 09:00 - 09:30  <b>Motivate Me</b> 09:30 - 09:45	05 <b>Standing Pilates</b> 09:00 - 09:30  <b>Motivate Me</b> 09:30 - 09:45	15 <b>HIIT</b> 07:30 - 07:50  <b>Cafe Chat</b> 19:30 - 20:00	25  <b>Functional Fitness</b> 07:30 - 07:50	02  <b>Functional Fitness</b> 07:30 - 07:50