

# Class Descriptions

## CALORIE BURNING CLASSES

Energetic workouts to maximise calorie expenditure and burn fat.

### BEGIN TO SPIN

Learn how to set up your bike properly and then go over the basics of spinning in an introductory workout.

### BODYATTACK

Part of the Les Mills package this challenging workout is based on aerobic moves but also includes intervals, running, agility, plyometric and core exercises.

### BODYCOMBAT

A highly motivating, non-contact Martial Arts based fitness programme with moves taken from Karate, Tae Kwan Do, Kick Boxing and Kung Fu.

### BODYSTEP

A simple to follow, athletic and fun workout using an adjustable step platform to achieve lower body toning, increased cardio fitness and co-ordination.

### BOXERCISE

Aerobic Based Class incorporating Boxing Moves.

### BUGGY FIT

A free session for mums. Bring your kid/kids in their buggies and walk/jog around the outdoor facilities whilst chatting and having fun.

### HIIT

Intense and constantly varied total body strength and conditioning session. It will get your heart pumping and your muscles burning...that why it's such a HIIT!

### INSANITY

A cardio based MAX Interval Explosive total body conditioning programme.

### METAFIT

A combination of body weight only exercises and high intensity intervals that will keep you burning fat for up to 24 hours.

### METAFIT AND CORE

A combination of body weight only exercises and high intensity intervals that will keep you burning fat for up to 24 hours.

### NICE AND EASY SPIN

A structured indoor cycling class which is suitable for those new to spinning or who prefer a slightly easier paced workout.

### RUNNING GROUP

Structured sessions for improvers wishing to take their running to a higher level, working on speed, endurance and running style.

### SPINNING

Watch your fitness levels soar as we take you through varying, challenging terrains in this instructor-led, non impact cardiovascular class (Newcomers come early to ensure correct technique).

### SPIN & ABS

Work up a sweat in the spinning studio then tone the abs and strengthen the back.

### SPINNING ENDURANCE

Take your endurance to the next level with this 55 minute cycle class. Not recommended for new exercisers

## INTRODUCTORY LOW IMPACT CLASSES

Ideal for those needing to start at a lower level.

### HEALTH CIRCUITS

A beginner's circuit class that is ideal to help people effectively manage longer term medical conditions (including Heart Disease, Diabetes and COPD).

### NICE & EASY

A low impact aerobics class designed to build mobility, strength and fitness. Suitable for all levels but specifically aimed at those who are mature in age but young at heart.

### STRETCH & MOBILISE

A relaxing class introducing the principles of Pilates: Alignment, Breathing & Centering.

### WELL FIT

A medium level class that is suitable for stable medical conditions designed to improve health, posture, core stability and fitness. Classes follow a variety of layouts to provide interest and change.

## MUSCLE TONING & ENDURANCE CLASSES

Intense muscle workouts focusing on toning, definition, strength and endurance.

### ABS & STRETCH

Work all the muscles of the mid-section then improve flexibility with a whole body stretch.

### ATHLETIC CONDITIONING

A challenging high intensity workout incorporating cardio, strength and power intervals that will unleash the inner athlete in you! (Not recommended for beginners).

### BODYPUMP

A resistance class using bars and weights to achieve muscular strength and definition. Simply resistance with rhythm!

### BODY PUMP EXPRESS

This popular Les Mills weights workout is reduced down to 45 minutes to give a short and sharp workout before work.

### CORE CONDITIONING

A class focusing on the toning of core muscles by creating resistance. The class has many similarities to Pilates and tones up your stomach, legs, arms and most importantly, your core.

### FUNCTION BLAST

A 30 minute session utilising exercises and equipment to improve all aspects of muscular strength and endurance.

### KETTLE BELL & ABS

Using kettle bell weights and abdominal exercises, to work your whole body as well as focusing on your mid section.

### KETTLE BELL BLAST

One kettle bell, 30 minute complete body work out.

### LEGS, BUMS & TUMS

A wide range of conditioning exercises aiming specifically at those stubborn areas from the waist down. Pure toning!

### PIYO

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. A fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

### STEP

Cardio & toning workout using a raised platform to maximise lower body toning.

### STEP AND TONE

Basic Step Workout To Improve Strength And Co-ordination With A Range Of Lower Body Exercises Aimed At Toning And Improving Your Fitness Performance.

### SWISS BALL

A conditioning workout using a Swiss Ball to tone, improve balance and co-ordination.

## SPECIALIST CLASSES

Try something different or add something new to your usual exercise routine

### DANCE AEROBICS

A fun workout which includes both dance and aerobic moves to challenge you mentally as well as physically.

### DANCE MIX

Cha, cha, cha, salsa, disco and much more. Dance yourself fit in this fun workout.

### POST BABY TONE

New mums bring your baby along and include him/her in your workout. Tone up and get back to fitness after child birth.

### PRE BABY TONE

Get yourself into the best shape that you can to prepare yourself for childbirth with this toning and conditioning class.

### ZUMBA

'Ditch the workout! Join the Party™ Inspired by traditional cumbia, salsa, samba and merengue pulsating Latin rhythms with red hot dance steps. Zumba™ = 'to move fast and have fun'.



### RE-ENERGISE & RELAX CLASSES

Mind and body workout focusing on core stability, balance and flexibility.

#### ANTE NATAL YOGA

A gentle Yoga workout for expecting mums. Pelvic floor, breathing & relaxation exercises are included to prepare you for child birth.

#### ASHTANGA YOGA

Breath dictates the movement and the length of time held in a series of six specific postures, always done in the same order, combined with specific breathing patterns. Can build muscle and help to develop core stability.

#### ATHLETIC STRETCH

Focusing on improving flexibility and joint range of motion, to improve agility and reduce possibility of injury.

#### BACK CARE

Focusing on posture, spine mobilisation, stretching and gentle back strengthening exercises.

#### BACK CARE PILATES

Focusing on mobilising the back and stabilising the spine to help restore normal function using modern Pilates exercises. It can help reduce pain and prevent further episodes of back pain.

#### BEGINNERS PILATES

Ideal For Anyone Who Is New To Pilates This Class Will Teach You The Fundamental Techniques.

#### BODYBALANCE

Combine the fundamental principles and practises of Yoga, Pilates and Tai Chi that will leave you feeling relaxed and renewed.

#### BODY FLOW FUSION

With influences from Tai Chi, Yoga and Pilates. Improve your core, flexibility and state of mind. The ultimate body and mind workout.

#### FITNESS YOGA

A fitness class to improve both strength and flexibility using yoga inspired moves that is great for mind and body.

#### HATHA YOGA

Balance mind and body through physical postures, controlled breathing, relaxation and meditation.

#### MUM & BABY YOGA

Include and bond with your baby with this Yoga based toning class to work on strength and flexibility

#### PILATES

This mind/body approach will leave you feeling taller, stronger and invigorated! The focus is on good posture, developing core stabilisation and all over body strength.

#### PILATES FOR RUNNERS

Pilates based core and stretch exercises to you improve you running performance

#### POWER FLOW PILATES

All The Traditional Pilates Moves Taught In A More Flowing And Dynamic Manner That Will Leave You Slightly Sweaty And Out Of Breath!

#### SENIOR PILATES

Standing and floor exercises to work on flexibility, mobility, posture, core and balance to enhance daily life in your later years.

#### STRETCH & RELAX

After A Quick Warm Up The Muscles Are Stretched Standing, Sitting And Lying. A Perfect Class After A Tough Workout Or Simply To Refresh And Invigorate Your Body

#### ZEN YOGA

This approach brings mindfulness and presence to the practice, encouraging awareness of the self and improved focus within daily life.

### ALL OVER BODY WORKOUT CLASSES

Combining calorie burning, muscle toning, strength and stamina.

#### BEGINNER / SENIOR CIRCUITS

Power stations! Move from station to station performing a variety of cardio and resistance exercises.

#### BODY CONDITIONING

An easy to follow, all over body workout. Class may use steps, hand weights, bars and resistance bands.

#### BOOT CAMP

This class combines traditional 'old school' drills with new on trend exercises for a great workout.

#### BOXERCISE CIRCUITS

A new circuit style class which includes gloves/pad work to improve your boxing skills and other specific boxing exercises.

#### CIRCUITS

Move from one station to station performing a variety of cardio and resistance exercises.

#### FITNESS BOXING

Fitness Boxing is designed to assist weight loss, muscle tone, increase fitness and all the fun of training like a boxer without the contact.

#### TOTAL BODY

An aerobic workout followed by conditioning exercises, floor work & stretching.

#### 20/20/20

A full body workout incorporating step, LBT and body conditioning all in one class.

### WATER WORKOUT CLASSES

Exercise in the water to maximise fun and intensity.

#### AQUA

Using the resistance of the water, dumbbells and woggles this fun low impact class will improve strength, tone, flexibility and stamina.

#### AQUA CIRCUITS

Move from station to station performing a variety of cardio and resistance exercises, using the water and equipment as resistance.

#### AQUA NATAL

A safe, interactive and fun class specifically for pregnant women using the resistance of water and equipment.

#### AQUA ZUMBA

Join the pool party! Integrating the Zumba formula with traditional aqua fitness, to give you a safe yet challenging water-based workout.

#### DEEP WATER AQUA

Taught in the deep end of the pool using buoyancy belts this class is great fun and you don't even have to be a swimmer!

#### HYDRO ACTIVE LEVEL 1

A gentle aqua class that places special emphasis on safely improving all-round mobility for those needing to start at a lower level.

#### HYDRO ACTIVE LEVEL 2

Aqua class designed to improve strength, stamina and all round mobility. Ideal for those living with health concerns including joint or back problems.

#### SWIM FIT

Using length swimming these instructor-led sessions will increase your fitness alongside improving your stroke and technique.

### PRIMAL, POWER, PLAY

Whole body workouts designed to develop power, strength, speed, agility, functionality, balance and co-ordination

#### PRIMAL

Primal focuses on the way your body moves, incorporating body weight, animal movement patterns and speed and agility drills

#### POWER

Power focuses on cross training techniques and mobility in a fun safe environment

#### PLAY

Play focuses on fun. Circuits style training Incorporating group, team and competition all with a social theme

#### CORE

Core will look to improve both your core strength, stability and balance .

#### STRETCH

This class will help you mobilise and stretch before or after any exercise session with the use of tools like the foam rollers