

## **Class Descriptions**

### **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).

### **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.

### **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.

### **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 Pilate's exercises. It can help reduce pain and prevent further episodes of back pain.

### **BEGINNER / SENIOR CIRCUITS**

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

### **BEGINNERS PILATES**

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

### **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.

### **BODYBALANCE**

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

### **BODYCOMBAT**

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

### **BODY CONDITIONING**

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

### **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.

### **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.

### **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.

### **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.

### **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.

### **CIRCUITS**

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

### **CIRCUITS (BEGINNER / SENIOR)**

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

### **CLUBBERCISE**

A fun, easy-to-follow dance fitness routines using rave glow sticks to club anthems from 90's classics to the latest chart hits taught in a darkened room with disco lights.

### **CORE**

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

### **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.

### **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.

### **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!

### **FITNESS YOGA**

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

### **FUNCTION BLAST**

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

### **HATHA YOGA**

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

### **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).

### **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!

### **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.

### **INSANITY**

A cardio based MAX Interval Explosive total body conditioning programme.

### **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!

### **METAFIT**

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

### **METAFIT & CORE**

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

### **MUM & BABY YOGA**

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

### **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.

### **NICE & EASY SPIN**

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

### **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.

### **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!

### **PILATES FOR RUNNERS**

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

### **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.

### **PLAY**

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

### **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.

### **POWER**

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

### **PRE BABY TONE**

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

### **PRIMAL**

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

### **RUNNING GROUP**

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

### **SENIOR PILATES**

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

### **SPIN**

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.

### **SPIN BEGINNERS**

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

### **SPINNING ENDURANCE**

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

### **STEP**

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

### **STEP & 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.

### **STRETCH**

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

### **STRETCH & MOBILISE**

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

### **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.

### **SWIM FIT**

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

### **SWISS BALL**

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

### **TOTAL BODY**

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

### **TRIGGER POINT**

A mobility and flexibility based class which aims to release and lengthen your muscle to rehab or even prevent injury. With the use of your own bodyweight, foam rollers and bands you will leave feeling energised.

### **20/20/20**

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

### **VIPER 10**

A sport specific class for all ability levels incorporating interval training based around our 10 fitness fundamentals: Strength, power, skill, pulse, specific, agility, endurance, dynamic and speed. You will be working your way through 4 quarters which will have exercises mimicking a sporting environment.

### **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.

### **ZEN YOGA**

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

### **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'.