

Class Descriptions

Pump It

Get a total body workout using all the major muscle groups. This weight based class is designed to burn those calories while you shape, strengthen and tone your entire body.

Step It Up

A choreographed aerobic workout using an elevated platform. This fun energetic step aerobics class is a great cardiovascular workout which will have you burning calories in no time.

Ultimate Intervals & Abs

High intensity interval training (H.I.I.T), short sharp intervals of intense work, followed by a short rest period. An explosive energetic class that will help that excess fat melt away! Ending with an abs section to work on your core strength.

Spinning Intervals

Using static bikes, put yourself through this timed cycling session, short bursts of varied speed and varied resistance, intense work, followed by a short rest.

Box Fit

Using a variety of boxing inspired training methods, including pad work and use of a free standing punch bag this class will have you fighting fit.

Circuits

A classic workout suitable for all fitness levels, moving from one exercise to the next working at your own level to give yourself a full body workout.

Total Body Conditioning

An exciting mix of weight training and body weight exercises which are designed to burn fat, tone and strengthen the entire body.

Total Tone

This body conditioning class will take you through a variety of exercises to help you tighten and tone those problem areas, whilst improving your overall fitness. These exercises can be adapted to suit all levels of ability, making the class suitable for all beginners through to the advanced user.

Vinyasa Style Yoga

A dynamic and physical session using some of the principles of Yoga to assist in losing weight, improving bad posture, relieving stress as well as helping in the relief of many other common ailments. This form of yoga will help strengthen the body, relax the mind whilst at the same time create flexibility in the limbs, regulate hormones and help with the improvement in concentration and energy levels.

Insanity

This class will clear out the stresses of the week and give you a great boost to start the weekend. **INSANITY** is a revolutionary cardio-based total body conditioning class, based on the principles of MAX Interval Training. By using MAX Interval Training, **INSANITY** pushes the participant to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism.

Spinning

A studio cycling class on a static bike, using varied tempos and resistance. This class will help you improve your fitness levels and increase your strength and endurance.

Body Blitz

Suitable for all fitness levels and ability, work the whole body in this class that will put you through a range of exercises using different training methods, a fun way to wake yourself up and start your weekend.

Legs Bums and Tums

This classic legs, bums and tums class will put you through a warm up to ensure your muscles are ready for the toning exercises that will target your mid-section and lower body.

Pilates (Mixed)

More than just 'strong abs' or core strength. Pilates is an exercise system, connecting your mind and body focusing on stretching and strengthening the whole body to improve balance, muscle strength flexibility and posture. Catering for all abilities this class will aid you in your everyday life.