

CLASS DESCRIPTIONS

Abs & Stretch / Abs Blast - Serious workout for abs and core followed by a deep stretch.

Aqua - A water workout containing toning, stretching, sculpting and aerobic intervals. Suitable for anyone. This is a safe, low impact workout.

Body Conditioning - Get every muscle in your body working in this fun, non impact, full body conditioning class. You will gain results faster than ever before, putting mobility and flexibility into a weighted workout.

Cardio Sculpt - A fun, energetic workout that will incorporate toning exercises, which will give you that all over fitness.

Circuits - This class involves aerobic conditioning and strength training exercises set out at different workstations.

Dance Fit - A highly energising, fun dance class that incorporates Latin, American, Street, Jazz and Funk moves. Join in and jam it up!!

Fuzion - A combination of Yoga & Pilates which will lengthen, strengthen and tone your whole body, whilst also quietening your mind.

Group Box Training - An Instructor will plan a series of combinations and boxing specific exercises to create a diverse workout. Boxing specific training is an excellent calorie burner and a great way to tone up whilst learning new skills. Non-contact.

Interval Training - A class designed to increase cardiovascular fitness quickly, burn fat and relieve training boredom. Utilising short burst, high intensity exercises with periods of active recovery.

Kettleercise - Kettlebell exercises will help to build strength and endurance, particularly in your lower back, legs and shoulders, engaging your entire body in one workout. A great addition to anyone's current fitness regime.

Khai Bo - A non contact martial arts class. Combining punches, kicking techniques and blocks to give a total body workout.

LBT - Attack those stubborn areas with this easy to follow classic aerobics class. A traditional favourite, to work your legs, bum and tum!!

Middle Management - An intense workout for your abs and core, to help stabilise abdominal muscles.

Movement & Mobility - You want to have fun? Be social? Laugh your way to getting fit in a safe but effective manner? Then this class is for you.

Pilates - A functional approach to strengthening your abdominals and back, whilst developing pelvic stability and abdominal control.

Quick Pure Toning - 30 minutes of pure and simple toning exercises for everyday life. Using a mixture of techniques and equipment with Pilates overtones for essential core training!!

Reps & Sets - This is one of the fastest ways to get in shape and lose body fat. A toning and conditioning class. Challenging all your muscles by using the best exercises like squats, presses, lifts and curls.

Spinning - Outdoor cycling brought inside!! A low impact fat burner - suitable for anyone.

Step & Tone - This is a basic step class with conditioning intervals.

Streetdance & Bollywood - Very similar to Zumba but mainly focused on dance elements of Street Dance and Bollywood. A fun class for all age groups, fitness levels and dance abilities.

Trim & Tone - A low impact workout suitable for all ages and abilities. This class will get your heart rate up whilst toning and stretching your muscles.

Weights & More - High energy class combining weight training with aerobic intervals. This class will both sculpt your body and give you a fantastic cardio workout. Be prepared to work hard and sweat!!

Yoga - This class benefits all by stretching your body, making you stronger, easing your breathing and relaxing your body and mind. It will give you a feeling of well being and encourages good health.

Zumba - The Zumba programme fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness class that will blow you away - come see for yourself!!

1. All classes and times are subject to change.
2. Please make sure you book for all classes, priority with equipment, space etc will be given to those who book. If you are unable to attend a class, please cancel as soon as possible as there may be others wishing to take part.
3. To ensure the studio is kept clean and safe please wear clean trainers only. Occasionally a previous class can leave the floor slippery, whilst all efforts are made to wipe up any water, please notify your instructor if you notice any such problem.