

Class Descriptions

Aerobiking: Flat roads, hill climbs and fast sprints are all included in this high energy, calorie burning indoor cycling class conducted on stationary bikes.

Body Combat: A Les Mills programme choreographed to great music. A high intensity mixed martial arts inspired work out designed to get you fitter whilst strengthening and toning your muscles.

Body Pump: A Les Mills programme choreographed to great music. A barbell and resistance workout designed to tone, strengthen and sculpt your body.

Bootcamp / Urban Fit: Outdoor fitness session challenging you mentally and physically with a variety of exercises and use of the physical environment around.

Boxercise: Class based around boxing techniques and training. Use of boxing bags, focus pads and gloves and other exercises gives you that challenging boxing workout.

HIIT: High Intensity Interval Training designed to burn calories, tone muscle and increase fitness.

Circuits: Cardio, resistance and body weight exercises delivered in an easy format giving you all elements of fitness benefits in one class.

Kettlebells: Strengthen and tone your entire body using Kettlebells in a varied functional class. Challenging and fun designed to help you hit your goals.

Zumba: Dance fitness class that is fun and energetic combining low and high intensity moves for a great workout.

Zumba Gold: Easy to follow Zumba choreography focusing on balance, R.O.M and co-ordination.

Zumba Tone: Next level Zumba by increasing intensity using Zumba Toning Sticks for that added muscular toning benefit and challenge.

Zumba Step: Combining toning and strengthening power of step aerobics with the fun atmosphere and music of a Zumba class.

Zumba-lesque: Involves dance and aerobic elements using specific Zumba and Burlesque moves

Aqua Zumba: Water based lower impact Zumba class utilising water resistance philosophy to get those toning benefits.

Aqua Fit: Pool based fitness class utilising water resistance philosophy and other apparatus to give that fantastic water workout.

Swim Fit: Motivational and challenging way to work out in the pool combining length swimming and pool edge exercises.

Yoga: A class focusing on strength, flexibility and breathing techniques to boost both physical and mental wellbeing.

Pilates: A class using exercises to develop physical strength, flexibility, posture and balance whilst increasing your core strength.

LBT / Tone: Legs, bums, tums classes and toning classes are designed to help sculpt and shape your muscles, focusing on different areas throughout the class. Toned, long, lean muscle is the goal.

Ab Attack / Core Training: Sessions designed toning and strengthening those 6-pack and deeper muscle to work towards a toned waist and improved postural benefits.

Antenatal / Natal Classes: These classes are suitable for anyone pre or post-natal. Giving health benefits to ensure wellbeing before during and after pregnancy.

Get Active Sessions: All sessions are designed to be suitable for participants who are on any exercise referral scheme. Sessions are open to all members.

Get Personal Sessions: Small group sessions based predominantly on the gym floor around functional equipment or specific themes.

50+ Sessions: Designed to be suitable for the 50+ age group by reducing impact. These sessions offer great workouts.

Cardio / Tone Classes: Dual effect class giving the benefits of increasing your fitness whilst toning and defining muscles

Cardio: Variety of classes and cardio training styles focusing on burning calories whilst taking your fitness levels to the next level.

Resistance: Build, strengthen and define lean muscle in this resistance based set of classes utilising; body weight, barbells, kettle bells and other weights equipment.

Mind and Body: Holistic based classes targeting physical and mental wellbeing through exercises developing total body and core strength, flexibility and posture.