

# CLASS DESCRIPTIONS

## Aqua

Suitable for all ages, fitness levels and pre/post-natal mothers. Aqua involves a full body workout in the pool where the water adds resistance and lowers impact on the joints.

## Pilates

Originally created to assist ballet dancers in rehabilitation from injury. Pilates concentrates on strengthening core muscles such as the abdominals and back to improve posture, increase flexibility and improve mobility. A class for all. Beginners courses run regularly and are recommended.

## Yoga

Yoga is an ancient practice originating in India using poses, positions and breathing techniques. Rather than simply a work out for the body, it's a harmonising of the body and mind. Yoga can improve your sleep, increase energy, improve flexibility and help you move more easily.

## Clubbercise

Disco lights? Check! Get your Glow (sticks) on and join this simple, easy to follow dance class to the best floor fillers. Choose your energy level and burn up to 500 calories per class. Great fun and a chance to let your hair down.

## Piyo

A fun, challenging class fusing Pilates and Yoga, you will burn calories, tone muscles, work on balance and get a great stretch. The class is a little different each time, but always a great workout.

## Dynamic Flow Vinyasa Yoga

In which movement is synchronised with breath, is a term that covers a broad range of yoga classes. This style is sometimes also called flow yoga because of the smooth way that the poses run together and become a dance.

## Fitsteps

FitSteps® is an energetic, upbeat dance class designed to achieve real measurable fitness results. The dance workout mixes the graceful steps of Ballroom and the up-tempo steps of Latin dances to create fun-filled classes where you don't even realise you're getting fit.

## Body Conditioning

An aerobic class using predominantly body weight to tone, condition and elevate the heart rate. All ages and abilities.

## Back Care Fit

A gentle mobility and stretching class suitable for all ages and abilities.

## Jazz Dance

Taught by a professional Dancer, the class starts with a pulse raising and mobilising warm up before a dance routine is tackled. A variety of styles from Motown to Musical Theatre are common place in this fun and sociable class.

## Latin Dance

A fusion of Latin dance steps such as salsa, merengue, reggaeton, samba and faster paced rhythms. Burn calories in this fun class.

## Tai Chi

Originating in China, this martial arts class uses slow and controlled sequences to balance the mind and increase flexibility and concentration. A class for all.

## Spin

A freestyle indoor cycling class that will take participants on a challenging and demanding journey. You can adjust the bike's resistance to get the best workout for you. An addictive energetic class!

## Body Blitz

A full body workout using body and hand weights to tone and condition the whole body. Your heart rate will be lifted and muscles challenged with this shape changing class.

## Legs Bums and Tums

A combination of aerobic and conditioning exercises that will push participants to achieve new levels of fitness and tone up the lower body. All welcome to come and work at their own level.

## Zumba

Currently one of the World's fastest growing fitness programmes. It fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away! Ditch the workout and enjoy the party!

## Advanced Step

A form of aerobic exercise using the step. Incorporating dance elements such as turns, mambo and stomps choreographed into the class.

## Insanity

Intense Interval training. Work as hard as you can for 3-minute intervals then rest for 30-seconds in between each round. Burning up to 1,000 calories an hour.

## Body Pump

Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music.

## Body Combat

This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. You'll be motivated to achieve your best and to make the most of every round.

## Body Attack

BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

## P90X

P90X® LIVE is a group-focused total body strength and cardio class that incorporates proven principles from personal training and functional strength coaching.

## RPM

A cycling workout that delivers maximum results with minimum impact on your joints. RPM™ tunes you in to great music and takes you on a journey of hill climbs, sprints and flat riding. You control your own resistance levels and speed so you can build up your training level over time. Your instructor will show you how to set up your bike and all the basic cycling moves.

## Body Balance

Ideal for anyone and everyone, BODYBALANCE™\* is the yoga-based class that will improve your mind, your body and your life. During BODYBALANCE you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises. It strengthens your entire body.