

# FITNESS CLASS DESCRIPTIONS

VALID FROM OCTOBER 2024

**LBRUT**  
Sports

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## STRETCH AND TONE

Lower intensity class using various forms of equipment, focusing on all over health and stability of your joints and bones. A low impact warm up followed by exercises to target all major muscle groups, deep and superficial.

## PILATES

Pilates is a method of exercise that consists of low impact flexibility and muscular strength endurance movements. Pilates emphasizes proper postural alignment, core strength and muscular balance. These are 1 hour, different ability classes.

## POWER YOGA

This is a fast-paced style of yoga that's focused on building strength and endurance. It is also an excellent form of yoga for burning calories. Fast-paced cardiovascular workout focused on building strength and flexibility in the body through high impact yoga postures.

## YIN YOGA

Calm Yin Yoga combines relaxing Yoga styles, moving through a series of held postures in this calm, designed practice to create more mobility, and flexibility in the spine and hips. A period of meditation follows, leaving you feeling calm and grounded. This is a 1 hour class for general ability.

## BOXERCISE

Intense class including concept training methods used in Boxing combining technical pad work and conditioning exercises. A fun, challenging and safe workout burning lots of calories and building cardiovascular endurance. Please bring your own gloves. This is a 45 minute class for general ability.

## FUNCTIONAL FITNESS

This is a form of exercise that conditions our body through strength, agility and stability movements. Functional Fitness is multimodal meaning it uses multiple functional movements.

## FLOW YOGA

This is a dynamic style of Yoga, where you move in a continuous 'flow' from one posture to the next in class. Our flow classes have an emphasis on graceful transitions through the sequence. Flow Yoga classes tend to be a mixture of meditation, breath-work and energizing movement. They usually begin with gentler movements to warm up the body, then move into progressively more challenging flowing sequences.

## HIIT

This mostly bodyweight workout is a combination of strength and conditioning exercises, designed to build lean muscle, challenge your energy systems and burn heaps of calories. This session will begin with a warmup, activation, and mobilisation period before 30 minutes of intense HIIT. This is a 45 minute class for general ability.

## TABATA

High intensity interval training, best suited to intermediate/advanced fitness levels. Tabata training follows a specific format of 20 seconds of very high intensity exercise followed by 10 seconds of rest, repeating it for a total of 4 minutes. This session will begin with a warmup, activation and mobilisation period before 30 minutes of intense work. This is a 45 minute intermediate level class.

## BODY CONDITIONING

Improve your overall fitness and shape up with this high energy total body workout focuses on strength and muscular endurance. The class will include a wide range of toning exercises using small weights and body weight exercises. This is a 1 hour class for general ability.

## BODY PUMP

For anyone looking to get lean, toned and fit -fast. Using light to moderate weights with lots of repetition, Body Pump gives you a total body workout. This is a 1 hour class for general ability.

## IYENGAR YOGA

Iyengar Yoga concentrates on postural alignment and body awareness. This is not just for the alignment of one body part with another, but also for the proper functionality. If the body is aligned with precision then the breath is aligned with the same precision. If the breath is balanced then the mind, emotions and senses become balanced. execution of the postures (asanas), sequencing of the asanas towards a desired result, timing in the length of time the asanas are held for maximum benefit.

## KETTLEBELLS

Uses flows of dynamic moves that target endurance, power, balance and cardio endurance. This high intensity class uses the momentum of the Kettlebell to help you improve your total-body strength and stability. This is a 45 minute class for general/intermediate ability.

## INDOOR CYCLING

A 45-minute indoor cycling workout can burn upwards of 400 calories. Indoor cycling is a low-impact way to get a high-intensity cardio workout. In addition to a heart-pumping cardio workout, cycling works your lower body, especially your glutes and quads. This is a 45 minute class for general ability.

## RPM

This is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn upwards of 400 calories a session. Your instructor takes you on a journey of hill climbs, sprints and flat riding. This is a 45 minute class for general ability.

## SPRINT

This is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. This is a 30 minute class for intermediate ability.

## THE TRIP

A fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally created worlds. This is a 45 minute class for general ability.

## VINYASA YOGA

A style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. it benefits the body, mind, and spirit by increasing strength, flexibility, balance, concentration, and awareness.

## LEGS BUMS AND TUMS

A great fat burner to improve body shape. The class incorporates an aerobic section followed by conditioning exercises to target the lower body and core. The focus is on improving body shape and encouraging fat reduction. Benefits your overall health, stamina and boosts self-confidence! Suitable for all, as alternative exercises can be given.

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