

CLASS DESCRIPTION

Absolution

A complete abdominal workout consisting of exercises designed to strengthen and tone both the core internal and external musculature. Not only will this complement weight loss, general toning of muscular definition goals, this specific exercise focus will improve posture and back strength enabling increased levels of exercise intensity and fitness if required.

Aerolatino

Aerobic class using a variety of Latin dance rhythms and styles. A fun and vibrant energy filled workout.

Aquafit

A pool based class utilising resistance against the water. A unique workout designed to improve both cardiovascular fitness & tone, without stress or strain to the joints. Suitable for people of all ages and fitness levels.

Deep Water Aqua

As above, but based in the deep end of the pool. Floatation belts are provided but you must be able to swim.

Body Pump

This is the ultimate resistance training workout set to music using adjustable weights. This programme targets all the major muscle groups with the use of light to moderate weights and high repetitions. Suitable for men & women.

Body Blitz

A complete workout designed to improve stamina and muscle tone utilising a variety of equipment to combine resistance training & aerobic exercise. A dynamic and motivating workout designed to improve overall fitness levels.

Boxercise

Combines the use of both the aerobic and anaerobic energy systems ensuring a diverse workout, promoting cardiovascular fitness on all levels together with the sport specific training of boxing techniques.

Cardio Step

A solid high energy aerobic class using an elevated platform (step). Improves the function of the cardiovascular system and develops co-ordination skills.

Dynamic Yoga

An intermediate class based on Astanga Vinyasa Yoga. This powerful and intense technique conditions the whole body using dynamic, sequenced movements which are synchronised with breathing.

Hatha Yoga

Builds awareness in postures, breath and relaxation to relieve the mind and body stress and tension. Unwind and restore energy. Classes suitable for all ages and abilities.

Insanity

A revolutionary cardio-based conditioning programme. Predesigned interval class that requires no equipment and is easy to learn and fun to participate in. The group-exercise adaption of this workout has been designed to give participants a safe, challenging and results driven experience.

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Iyengar Yoga

This style of yoga is based on body alignment and developing precision in movement for safety. You will also learn to understand and work within the parameters of your body.

Metafit

30 minute class using bodyweight exercises which target the largest muscle groups in the body for greater **effect**. There is no need for any equipment. No choreography so don't worry if you don't know your left from your right.

Pilates Matwork

The Pilates method is designed to improve core stability, muscular strength and flexibility. Mastering the exercises can help promote greater skill and ability in other forms of exercise & sport. Level 2 classes should only be attended having mastered the beginner/general level first.

Pilates on the Ball

This class requires a high level of core strength, muscular tone & flexibility it is advisable to have attended a Pilates Matwork class for several months

PiYo

A total body fitness system designed to whip you into shape from head to toe. It combines the practices of Pilates & Yoga to help you build strength, lose weight, increase flexibility and have a great time doing it. Designed for people who want the mind-body benefits of Yoga or Pilates, but with a higher-energy class.

Spinning

One of the best ways to increase cardiovascular fitness without impact and stress to the body. If you are a beginner to spinning, it is strongly advised to attend a technique session first.

Spinning & Abs

A 30 minute blast on the bike (see description above) followed by 15 minutes of pure abdominal exercises.

Total Body Conditioning/Workout

A complete workout designed to improve stamina and muscle tone utilising a variety of equipment to combine resistance training & aerobic exercise. A dynamic and motivating workout designed to improve overall fitness levels.

Yin Yoga

A perfect way to unwind, improve flexibility and improve body-mind connection, balancing a predominantly 'Yang' lifestyle.

Yoga Flow

A fluid practice of alignment and strength, synchronising breath and movement. A moving meditation that balances, mind, body and spirit. Suitable for beginners and more experienced practitioners.

Zumba

This class fuses hypnotic musical rhythms together with easy to follow moves designed to inspire & exhilarate you. A party atmosphere whereby you will not realise how much energy you're expending & just how hard your body is working.