

Aerobics

Improve cardiovascular fitness co-ordination and burn calories by learning a choreographed routine to the latest music.

Aero/Fitball

This class will be a 50% split combining the best of both cardio & strength conditioning. It will be 30mins of fun aerobics followed by 30mins toning on the ball – suitable for all levels.

Aerobatone

This class is a 50:50 split of a mixed impact cardio routine and total body toning that incorporates resistance equipment. Suitable for everyone, have fun improving your fitness level while conditioning your shape. It's a great workout that will leave you feeling great!

All Over Body Workout

An effective class that combines fat burning and muscle strengthening using various equipment to achieve all over results.

Aqua

This is a fun cardio workout which uses the resistance of the water to give you an excellent enjoyable workout. Great way to meet new friends, without getting all sweaty!

Aqua Zumba

Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning.

Body Attack

Body Attack is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals

Body Balance

Body Balance is the Yoga, Tai Chi, Pilate's workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

Body Combat

A high energy workout inspired by martial arts and combining a wide range of disciplines such as boxing, karate, Tai Chi and Muay Thai. Unleash your inner warrior in this highly addictive non-contact class!

Body Jam

Body Jam is the cardio workout where you learn and enjoy the sensation of dance. An addictive fusion of the latest dance moves and hottest new sounds puts the emphasis as much on having fun as breaking a sweat. Come and get high on the feeling of dance!

Body Pump

Body Pump is the original weight class which challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Body Pump will give you results fast!

Body Sculpt

A low impact class which focuses on conditioning, sculpting and toning of those stubborn areas. Suitable for all fitness levels.

Body Step

An energising structured workout using a height adjustable step. Cardio blocks to fat burn are combined with conditioning tracks to shape and tone. Easy to follow, but a hard workout!

Boxercise

Boxercise does what it says on the tin; provides a whole body workout based on the skills and techniques of ring craft. There's no bodily contact though plenty of boxing moves and techniques that provide a quality workout to participants.

Cardio Dance

Cardio dance is a fun and sociable way to exercise and it's the perfect class to get you into shape. It's suitable for everyone with some great dance moves you will love.

Cardiovascular Run

A Multi-stage fitness test - usually called the "Bleep test". You run 20m shuttles paced by the bleep until you can run no more. The time between the bleeps gets shorter and you must run faster to keep up. A great warm up and stretch. Test your cardiovascular fitness. Tell us if it is your first time.

Circuit Training

Hugely popular, this class is a great way to meet people whilst getting a varied workout. A total mix up of hi/low impact cardiovascular stations amongst toning exercises makes this an excellent class for all!

Core Blaster

Core Blaster is a 45 minute maximum effort workout to get that core looking and feeling good.

Cycle

Cycle classes are taken part in the gym and are run most evening, Wednesdays and Friday lunch times, and Saturday mornings. They are a high intensity cardiovascular and resistance workout....and very popular! So book your place at reception.

Express Classes

Our Express classes are all taught around lunch time and are a great way to have a short effective workout! We offer Express Vopr, rower and cycle classes varying from 15-30mins long.

Hi-Lo Aerobics

Exactly what it says it is, an Exercise to Music class that is a mixture of high and low impact packed with fun, funk and frolics. Good for those who are looking for something a little challenging, within the realms of possibility!! All levels welcome.

INSANITY®

INSANITY® is the High Intensity workout that has been taking the world by storm and now it's available in group exercise form! Utilising MAX Intensity Interval Training techniques INSANITY® works to condition the entire body through plyometric, strength, agility and core exercises. The 30 minute blast session will open up a new world of body-weight exercises that push you to the next level of your training whilst providing great results with a fun, action-packed workout, no equipment required, just a towel, a bottle of water, and the desire to give it your all! Not a workout for the faint hearted this class will challenge you and leave you feeling hungry for more!

Kettlebell Blaster

A 30 minute kettlebell based workout that will be sure to set your metabolism on fire & whip you into shape in no time. Using a variety of different exercises utilizing the kettlebell to raise the heart rate, tone and strengthen muscles you didn't know you had.

Legs, Bums and Tums

Combining muscular strength and endurance this is the ideal class to target and tone the lower body and mid-section.

Pick 'n' Mix

Come and join the greenhouse girls (Gemma, Clare & Jeni) in a varied workout designed to work you aerobically and keep your body conditioned. One thing the girls promise... You'll never have the same class twice!

Pilates

Formulated by Joseph Pilates this class is designed to enhance postural strength, improve flexibility & mobility throughout the whole body. Use your body effectively with slow, controlled movements giving you long, lean toned muscles. All levels welcome.

Metafit

Metafit is a high intensity interval training class which uses your own body weight as resistance. Metafit is fantastic for burning fat by using big muscle groups in a simple 30 min un-choreographed Routine

Plyometric Circuit

The toughest circuit of the week. Packed full of dynamic exercises to develop & maximise muscular endurance. Designed specifically for our rowing club, it's not for the beginner.

Power Yoga

Yoga is an ancient practice which includes traditional physical postures. Power Yoga offers a dynamic workout for the whole body, combining traditional physical postures with flowing sequences. Focus on the breath is central. The rewards of practicing Yoga include greater flexibility, increased stamina and strength combined with a sense of harmony in body and mind. Classes are dynamic and suitable for all levels.

Pump Fusion

An energising and highly motivating top 2 toe workout combining a mixture of simple step moves, circuit & resistance training exercises to music. Suitable for all levels.

Qi Gong

Qi Gong is an ancient Chinese exercise system that aims to stimulate and balance the flow of vital energy, along the acupuncture meridians, or energy pathways. Qi gong, which incorporates breathing techniques and slow gentle movements, can be used to help reduce stress.

Running Club

All runners welcome! Every Monday and Friday at 9.30am, please meet at reception 5 minutes before class. See running club board downstairs in the sports centre for more details.

Salsa Aerobics

Spice up your life with Salsa! A very enjoyable, highly motivated salsa/merengue dancing aerobics class. Exercises are of moderate intensity but alternatives will be offered, making this class suitable for all levels.

SH'BAM

Featuring simple but seriously hot dance moves, SH'BAM™ is the perfect way to shape up and let out your inner star - even if you're dance challenged. Set to a soundtrack of chart-topping popular hits, dance music that is heard in the hottest nightclubs around the world, familiar classics remixed and modernized Latin beats, SH'BAM™ is the ultimate fun and sociable way to exercise.

Step 'n' Tone

A step class to work you aerobically, combined with toning exercises to firm you up! An excellent class with simple to medium choreography. Suitable for all levels.

Strength Circuit

Bulge your biceps and flex your pecs. A circuit using resistance to improve strength, with Ted to guide you. Suitable for all levels.

Stretch and Tone

Taught 11.00am Monday morning by our very own Health and Wellbeing advisor Melanie. It is a circuit formatted workout and is low intensity so aimed for beginners or people who are not as confident with other classes or even the gym. It is also great for people coming back from injury or with restricted movement. There is a full 15minutes on stretching alone at the end of the workout.

Swiss Ball

This class revives the space hopper as a piece of fitness kit, ideal to improve body awareness, posture and balance. Includes a variety of general toning exercises with a twist... exercising on an unstable surface! The Swiss Ball! A great effective workout. All levels welcome.

Total Abs

30 minutes of intense abdominal work! Working all areas of your mid-section this is a great way to tone them tummies.

Triple Decker

A mix of everything in this class. 20 mins of aerobics, 20 mins of step and 20 mins of body sculpting including a good abdominal workout. Suitable for all levels, beginners very welcome.

Yoga

Yoga is an ancient form of physical exercise. Benefits include greater flexibility, increased stamina and strength along with a sense of wellbeing. Classes are dynamic and suitable for all levels.

Yogabatz

Yogabatz is an eclectic mix of styles designed to accommodate all levels of fitness and ability. Yogabatz uses Micro-moves, these are continuous movements which do not lock the muscles or disrupt the blood flow and increases flexibility.

Zumba

Come and join the party! Zumba is the latest fusion of Latin and International music that will target every major muscle in the body due to its specific beats, tempo changes and workout transitions. Suitable for all with lots of smiling guaranteed!

Zumba Toning

Add a whole new dimension to Zumba by using resistance. Not only will you get the benefits of the fun cardio interval training experience with Zumba's core body moves but you'll blend body sculpting techniques at the same time, all levels welcome!

Zumba Gold

Targeting the baby boomers this class Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant. Zumba Gold is a perfect combination of dance fitness, friendly company and most importantly fun!