Class Descriptions Jan 2019

BODY CONDITIONING
Body conditioning - a mixture of weights combined with aerobic exercises that tone and strengthen all major muscle groups

BODY STEP
An energising structured workout using a height adjustable step. Using cardio blocks to fat burn combined with conditioning tracks to shape and tone.

CIRCUIT TRAINING
A hugely popular class, a great way to meet new people whilst getting a varied workout. A total mix up of hi/low impact cardiovascular stations, weights and toning exercises make this an excellent class for all! You can work at your own pace. (Can be outside in the summer)

CXWORX
Exercising muscles around the core, CXWORX provides the vital ingredient for a stronger core using resistance bands

INDOOR CYCLING
A high intensity cardiovascular and resistance workout and very popular. Toning legs and thighs using simulated hill climb sprints & races on a static bike

INSANITY
Insanity is a high intensity interval workout that works to condition the entire body through plyometric strength, agility and core exercises which is likely to be the hardest workout ever.

LEGS BUMS & TUMS (LBT)
This class will tone up, firm up & burn fat from your stomach, hips, and thighs & bottom using weights bands and bars.

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.

STRETCH
An all over body stretch, incorporating all the major muscle groups. This will give you increased flexibility that will help to improve posture and general wellbeing.

ZUMBA
Zumba is the latest fusion of Latin and international music that will target every major muscle in the body due to its specific beats, giving you a real fun, challenging workout, it will also help improve your coordination.

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
Come and join the party! This class will get you moving to the Latin beat with less impact than a standard Zumba class but still great fun

AQUA
This is a fun cardio workout which uses the resistance of water to give you an excellent enjoyable workout. The water protects the joints so an excellent class for the more mature member.
AQUA ZUMBA
A great way to mix two fantastic ways of exercising with less impact on the joints but still great fun,

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

ALL OVER BODY WORKOUT (AOBW)
An effective class that combines fat burning and muscle strengthening using various equipment to achieve all over results.

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. No equipment used.

BODY JAM
Body jam is the cardio workout where you learn and enjoy the sensation of dance. It's an addictive fusion of the latest dance moves and hottest new sounds.

BODY PUMP
Body pump is the original LES MILLS weight class which challenges all your major muscle groups by using basic well known exercises like squats, presses, lifts and curls. Bars and free weights are used in this class.

PUMP FUSION
An energising highly motivating top to toe workout combining a mixture of simple step moves resistance exercises to music. Suitable for all levels.

YOGA
Yoga is an ancient form of physical exercise, moving into postures with your breath. Benefits include greater flexibility, increased stamina and strength along with a sense of wellbeing.

BOXERSISE
Providing a whole body workout based on the skills and techniques of ring craft. Gloves and pads are used in this class with specific boxing moves and techniques that provide a fun and challenging workout to participants.

SKIPPING
Skipping is a mix of aerobic moves, bursts of skipping skills and funky dance steps to high tempo music that will help your co-ordination as well as your fitness. Group skipping can also be part of this class.

BODY ATTACK
Body attack is the high intensity cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

FUTSAL
A version of 5 a side football using a heavier ball so less bounce, on a smaller indoor pitch.

SHBAM
A fantastic dance workout with simple moves and an emphasis on having a great time.

STEP AND TONE
A step class to work you aerobically, combined with exercises that will firm and tone your body an excellent class with simple to medium choreography. Suitable for all levels.
BOOTCAMP
A mix of cardio and resistance exercises which combine bodyweight and free weights giving you an all-round fitness. A great group workout that is gym based.

DANCE FUSION
Come along to move and groove to dance styles from many eras, it will get your body moving. It’s a fun and enjoyable way to keep fit. No dance experience needed.

RUNNING CLUB
A social group run for all abilities. Maximum distance 5 miles. Various routes that have all been risk assessed. Get out and get some fresh air!

BODY BALANCE
A mix of yoga Tai chi and Pilates that builds flexibility and strength it leaves you feeling centred and calm. Controlling breathing concentration and a carefully structured series of stretches moves and poses to music

Intensity
Purple = Low
Blue = Medium
Red = High

These are a guide only depending on your current fitness levels.
If you are new to a class please let the instructor know at the beginning of the class.