

Class Descriptions

Complete Conditioning

Exciting and effective toning class to up-beat music, that targets all major muscle groups. Concentrating on all regions of the body, this type of class is excellent for increasing lean body mass and muscle definition.

Yoga/Pilates/Stretch & Relax

Relaxing and health enhancing movements co-ordinated to help focus mind and body. Stretch classes include maintenance and developmental stretches to aid recovery, improve flexibility and prevent injury.

Total Torso

Exercises specifically targeting your mid-section, concentrating on abdominal and back muscles to build core strength, and improve posture.

AquaFit

Rhythmic exercise to music, using water as resistance and support. Non impact and suitable for all levels. Woggles and dumbbells may also be used.

Aerobics/Step

From Lo to Hi-Lo, these classes are fun and exploding with great routines for all to follow. Step classes use a platform with risers of varying heights for added intensity.

Circuits

Challenging strength and cardio routines create a funpacked circuit to leave you exhilarated and motivated.

KeepFit/Linedancing

Light and easy exercise routines and dance classes, immensely enjoyable and suitable for all ages.

BodyBalance®

A dynamic programme that combines the fundamental principles and practices of Yoga, Pilates and feldenkrais, such as controlled breathing, concentration, flexibility and strength training.

BodyPump®

A non-impact resistance training programme that combines high repetition weight training with aerobic conditioning. BodyPump is guaranteed to tone and condition your body, as well as help you lose weight.

BodyJam®

A dance based workout combining hip-hop, funk, latin disco and Broadway. Getting fit has never been so much fun!!

BodyCombat®

Combines powerhouse moves from a mixture of self defence disciplines, including karate & kickboxing.