

Class Descriptions

Class	Description	Intensity
Aquafit	An all round cardiovascular workout that will let the water take away the high impact and weight of the workout on your muscles.	Low / Moderate
Boxfit	An all level circuit training class. Classes include a strength/crdio workout, boxing techniques, padwork, timed stations, music and lots of fun!	High
Barre Concept	Combines Ballet, Pilates and Contemporary dance to build strength, muscle tone and flexibility	Moderate
Body Tone	A great cardiovascular workout for all parts of the body. Excellent for trimming and toning. Work out to music in a friendly group.	Moderate/High
Circuit Training	A high intensity workout that uses multiple types of fitness training in short sharp doses.	High
Fitness Induction	If wishing to use our gym's we insist that you are familiar with all our fitness equipment. Just book at Reception	Low
Kettlebell	A resistance based workout including total body exercise to maximise calorie burning and muscular tone.	High
Non member Drop In	Turn up and play with new people for an hour of the named class activity. Try out badminton, table tennis, basketball or tennis.	Your choice
Pilates	Focuses on stretching and strengthening the whole body to improve balance, muscle strength, flexibility and posture also relieving stress and tension.	Low / Moderate
Spin Bike & Express Spin	Spinning is a high intensity, cardio workout. Using a stationary bike with different resistance levels, you will both tone and strengthen all areas of your body. Our instructor will encourage you all the way.	High
Stability Ball	The Stability Ball works by using your body in different positions to keep balance, working your core muscles, toning and strengthening them.	Low / Moderate
Yoga	Relax your mind and body. This class is suitable for all abilities and works to the level that your body is ready for.	Low / Moderate
HITT	HITT or High-Intensity interval training, is a training technique in which you give all-out, 100% effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods	High
Zumba	Zumba is a fun, dance based workout to music. You are led by an instructor who will guide you through the dance moves. This is great as a cardio workout.	Moderate