

FITNESS CLASS DESCRIPTIONS

Active Health Circuits

A low impact class for over 60's.

Aerobatone, Cardio Tone, Body Tone & Aerobics 'n' Tone

It's an aerobic class, no, it's a toning class – in fact it's a fun class involving elements of both.

Aerobics and Abs

Fun & Motivating High/Lo Intensity workout with 'Spins', 'Mamba's' and 'Cha Cha Cha's'. A section of the course is also dedicated to toning the abdominal muscles.

Aerobiking

An excellent cardiovascular workout where cycling is brought indoors and placed in the motivating environment of a group exercise class.

Aquacise

Water aerobic workout to music in the pool.

Aston Pilates

A relaxing class focusing on 'you'. The recycling of natural forces (gravity & ground reaction force) ensures the sessions tone the whole body in its most natural way, whilst allowing for asymmetries.

Body Attack

A high intensity all over body workout using sports training moves for cardiovascular fitness and all round strength and conditioning.

Body Balance

A class combining elements of yoga, tai chi and Pilates that will leave you feeling relaxed.

Body Combat

A non-contact martial arts style class that borrows moves from many martial arts disciplines and is choreographed to music. This class will have you punching and kicking to fitness in no time.

Body Pump

Class involves the use of barbells to perform a set routine to motivational music.

Boxercise

An energetic and fun circuit class based around boxing moves and techniques, this class will give you a full body workout.

Circuits

A traditional workout using varied exercise stations to challenge all aspects of fitness; cardiovascular, muscular strength and endurance.

CXWORX™

Really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

GRIT Cardio

Calorie burning training which also helps burn fat and improves athletic capability.

GRIT Plyo

Power agility training which increases muscular endurance and stamina.



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GRIT Strength

Weights based training which builds strength and tones lean muscle.

Kettlebell

This is a class full of ballistic exercises that combine cardiovascular, strength and flexibility training.

Legs, Bums & Tums

It does exactly as it says! A toning class focusing on those all important areas!

Pilates

Relaxation class using breathing and natural flowing movements designed to stabilise the torso.

TKD Fit

Explosive, energetic circuits based class, combined with dynamic martial arts pad work and conditioning. Whatever your current level of fitness or skill, it'll push you to reach your potential. Come along and try it out - are you up for the challenge?

TRX

TRX - The TRX Suspension Trainer is the original, best-in-class workout system that leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance.

Urban Rebound

Dynamic, calorie burning workout with trampette.

Yoga

Re-energise and relax with this physical, mental & spiritual discipline.

Zumba

Latin-inspired, calorie burning dance-fitness party!

Zumba Gold

A Latin-inspired, low impact class for over 60's.

Zumba toning

The perfect way to sculpt your body naturally whilst having a total blast.

50+ Class

Low impact class for over 50's.

General Class Information:

Customers are advised to arrive promptly for their class so as not to miss the warm up period.

By missing the warm up period you increase your risk of injury. Customers arriving late maybe refused entry.

Customers should advise the instructor of any injury or medical condition that may affect their participation.

All classes are mixed ability unless stated on the class timetable.

