

# Class Descriptions

## Metafit

Formed by a former Royal Marine Commando and an international gymnast in 2010, Metafit is the original group X HIIT workout. 45 minute, non choreographed, bodyweight only workouts that set the metabolism on fire. We have been creating true HIIT workouts for our coaches for over 10 years and whether you are teaching a Boot Camp, Studio class or a PT session, Metafit works! It's tough, but it's meant to be.

## Legs, Bums. Tums

Legs, bums, and tums are often considered the worst parts of the body when it comes to shifting unwanted fat. Our new '**Legs, Bums and Tums**' class will be a fun filled way to help tone those unwanted areas. This class will be great if you are keen to improve your overall body shape.

## Fit Attack

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 – from the weekend athlete to the hard-core competitor! In this class you can burn a whopping 800 calories!

## Body Combat

Designed by Les Mills, Body Combat is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness.

## Box Fit

A cardiovascular fitness boxing class with non-contact boxing combinations, using gloves and pads creating a great workout focused on your upper body and abdominals whilst challenging your overall fitness level.

## HIIT

High intensity interval training (HIIT) uses short bursts of work with integrated rest to push your body to the limits! You will do exercises using mainly bodyweight and hand weights to tone every muscle in your body. 30 minutes is all you need to increase your fitness, burn fat and increase your metabolism. You will keep burning calories for up to 72 hours post workout.

## Aqua

Based in the pool, aqua is a low impact workout suitable for all levels of fitness. The effects of gravity are reduced in the pool whilst resistance to movement is increased so you can achieve a bigger range of motion. This class helps to increase your mobility and flexibility, as well as improving your strength and aerobic fitness.

## Step and Tone

A body conditioning class based around a step. A full body cardio workout that gets your heart pumping and tones your lower body. It will also help to improve your coordination and agility.

### **Body Conditioning**

A total body workout! The class starts with an aerobic warm up to get the blood pumping, followed by a strengthening phase using bands, hand weights and your own body weight. This is a great class for both beginners and advanced exercisers as you can work at your own pace and level.

### **Body Pump**

Designed by Les Mills, Body Pump is the original barbell class that strengthens your entire body. This 45 or 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

### **Pump X**

A weighted work out using a barbell and dumbbells very similar to Body Pump. This 45-minute workout challenges all your major muscle groups for a total body workout. Exciting new combinations and motivating music make for a great strength class.

### **RPM**

Designed by Les Mills, RPM is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race!

### **SPRINT**

Designed by Les Mills, SPRINT is a 30 minute High Intensity Interval Training workout, using an indoor bike to achieve fast results. It's a quick and hard style of training that returns rapid results with minimum joint impact.

### **Spinning / Group Cycle**

The original indoor cycle class. You don't have to be coordinated to take part as everything happens on the bike. There are no complicated moves to learn so is great for all abilities. You will use the dial on the bike to experience hill climbs, flat sprints and different types of terrain. You are in control of how hard you work!

### **Zumba**

Zumba is a Latin inspired cardio-dance workout that uses music and choreographed steps to form a fitness party atmosphere. While many of the types of dance and music featured in the program are Latin American inspired, **classes** can also contain everything from jazz to African beats to country to hip-hop and pop. Have fun and get fit at the same time.

### **Body Balance**

Designed by Les Mills, Body Balance is the yoga-based class that will improve your mind, your body and your life. You bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered.

### **Stretch and Relax**

This class will take you through a full body stretching session accompanied by relaxing music, releasing off tight muscles to help improve posture, flexibility and mobility. The class finishes with a relaxation phase, leaving you feeling totally rejuvenated and calm.

### **Hatha Yoga**

A traditional, slow paced and meditative yoga class. Yoga helps to encourage proper breathing, improve mobility and flexibility and create strength and vitality in the body whilst calming the mind.

### **Yin Yoga**

A slow meditative paced style of Yoga where you hold poses for a longer period of time helping to stretch and lengthen your muscle tissues whilst teaching you to breathe to help the pose.

### **Flow Yoga**

An energising and strong yoga class. Focus on strengthening and stretching your entire body, working all major muscle groups through challenging poses.

### **Pilates**

Uses smooth, deliberate movements and controlled postures to tone and elongate your muscles and increase your flexibility with focus on breathing technique. It's a low-impact, deep reaching work out for your "core" your abdominals, pelvis, back, shoulders and butt. This will give you strong abs and a well-supported spine, which will improve your posture.