

Class Descriptions

To book call
01277 653616

Body Attack

Designed by Les Mills, Body Attack is the sports-inspired cardio workout for building strength and stamina. 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.

Circuits

Join our fitness team for an outdoor circuits class. Using bodyweight exercises, ropes, kettlebells, tyres and steps, lift your heart rate and have fun at the same time. You will train both cardio and strength using intervals and circuits. Circuits is suitable for all levels of fitness and is a great way to get into group exercise.

HIIT Blitz

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.

Motion and Mobility

This class is a low impact workout, combining aerobic and strengthening exercises to give you a full body workout. You will be able to work at your own pace and level, as a qualified instructor will take you through different options for all abilities. Leave feeling full of energy!

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 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!

Kettlebells

This class is great for toning and shaping all parts of your body as well as improving your cardiovascular fitness and general strength. The functional movements used work your whole body to get you burning more calories faster whilst creating lean muscle. It's a tough class but it breeds great results.

Fit Ball

A thorough core workout on the stability ball. This class will help improve your posture, strengthen your abdominals, glutes, chest and back and work on your balance. Wobbling and falling off is encouraged!

Class Descriptions

To book call
01277 653616

CXWORX

Designed by Les Mills, CXWORX provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favourite sports - it's the glue that holds everything together. It's challenging but achievable for your own level of fitness. You will work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers.

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!

Spinning

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.

Dance Fit

Dance Fit is a low impact, full body workout. Learn to dance, have fun and get fit all at the same time. This class uses uplifting music with Latin rhythms and is led by a qualified dance instructor. Dance fit offers a relaxed environment where you can really let your inhibitions go, learn some new moves and meet some great people along the way.

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 Relaxation

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.

Vinyasa and Power Flow Yoga

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

DRU Yoga

Dru Yoga is a graceful and potent form of yoga, based on soft flowing movements, directed breathing and visualisation. Dru yoga works on body, mind and spirit to rejuvenate your whole being.

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 workout 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.