

GROUP FITNESS CLASS DESCRIPTIONS

Active Adults

A welcoming and friendly 45 minute class for intermediate to fit people (50yrs+). Activities involve using bands, balls, steps and weights that will improve balance, core strength and flexibility

Active Core

Based around utilisation of a fitball and weights, this is a medium intensity class for all ages with a focus on core strength as well as other muscle groups.

Aqua Aerobics

A whole body gentle conditioning workout to improve overall strength, particularly the core muscles. Aqua Aerobics is a water based class that is suitable for all levels. Due to the in-water nature of the class, this class reduces bodyweight and allows participants to comp.

Body Balance

Body Balance is a pre-choreographed class that uses a mixture of Tai Chi, Yoga and Pilates to focus on flexibility, strength and balance. Body Balance is completed to backing tracks.

Body Pump

Body Pump is a Les Mills class designed to burn calories and build muscle. Body Pump is completed to upbeat backing tracks and involves the use of Barbells, weights and steps to help you achieve your goals!

Boxing Circuit

Boxing classes encompass both the technical aspects of boxing, along with core strengthening exercises. You will learn boxing skills such as correct form in throwing jabs, hooks and uppercuts, whilst working at an intense pace.

Circuit

Circuit classes are an all-around class that focus on a holistic approach to exercise. Circuit classes will challenge every part of your body and allow participants to work at a low, medium or high intensity depending on their preference. Circuit classes use a range of equipment where the instructor delivers their programming.

Core Circuit

A combination of high and low intensity exercises focusing on the core and using a range of equipment including barbells, dumbbells, steps, and even body weight exercises to help burn fat and improve cardiovascular health.

Core & More

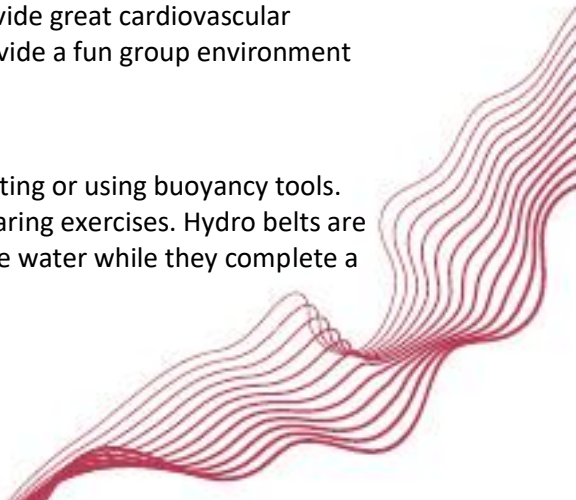
Core & More uses cardiovascular exercises and core stabilisation work to improve posture, coordination, muscular strength, and endurance. Using circuit protocols, participants use fitballs and free weights to complete a variety of exercises

Cycle 45

Freestyle stationary cycle workout that will build endurance and provide great cardiovascular training. Our classes are led by our expert fitness instructors and provide a fun group environment and ever changing scenery and challenges.

Deep Water Running (DWR)

DWR simulates land-based movements in deep water while free-floating or using buoyancy tools. This type of exercise removes stress put on the joints during load-bearing exercises. Hydro belts are often one of the tools worn in this class to suspend participants in the water while they complete a range of drills.





Freestyle Step

Freestyle Step is a high intensity, fun, motivating class that uses a mixture of free weights and steps - completed to upbeat music – that focuses on achieving fitness goals in cardiovascular endurance!

Gentle Strength Training

This is an excellent introductory class for our older adults who are looking at becoming active after a period of inactivity. This class is well-designed for older adults, using chair-based and standing exercises that focus on balance and strength to prevent falls.

QiGong Tai Chi

A typical QiGong class will involve slowing down for some quiet breathing exercises, some more vigorous limbering exercises and a selection of QiGong forms, which are typically made up of moves that are repeated several times in time with the breath. Qigong is safe and beneficial for most people and all moves can be modified to accommodate troublesome joints.

HITT 45 / HITT Express

High intensity interval training (HITT) for 45 minutes or 30 minutes during our Express classes, incorporating a full body workout designed to build muscle and increase cardiovascular fitness.

Pilates

Pilates is a mat-based class that focuses on improving balance, flexibility, coordination and core strength.

Strength Circuit

Circuit based class involving a variety of light weights with the use of bars and dumbbells, aimed at increasing muscular endurance as well as incorporating some cardio based stations to increase cardiovascular fitness.

Strength for Seniors

A resistance and strength training class aimed for older adults, running at a slower tempo with a focus on technique utilising barbells and dumbbells.

Super Seniors

Classes designed for older adults looking to work on basic strength, fitness and balance. This class is a friendly and safe environment for older adults.

Squad Swimming

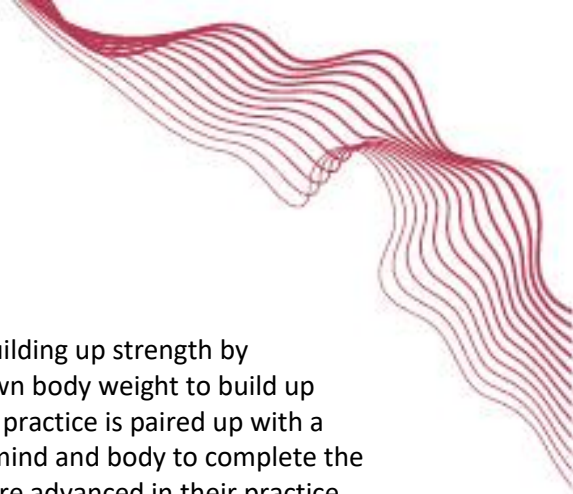
Great for anyone wanting to improve their swimming performance and train in a motivating environment with the help of our qualified swimming coaches. Sessions are tailored to fit a range of levels, however a basic swimming ability is required.

Yoga (Classical)

Become healthier and happier in Classical Yoga by receiving a holistic approach to Yoga. Classical Yoga is a blended format that uses all the best parts of other Yoga. It is slightly lower in intensity and focuses on moving into poses as you breathe, stretch and relax. There is a big focus on becoming aware of your breath and mindfulness, focusing on the inner workings of your body & mind.

Yoga (Gentle Yoga)

This Gentle Yoga class uses an intelligent mix of yoga postures, somatic movement, breath work and meditation to cultivate ease of movement and freedom of mind. This class is nurturing, cultivates strength and mobility in the joints and tissues of the body. It aims to relax the mind and body, soothe the nervous system, enhance flexibility and mood, improve sleep and well-being. The practice is light and creative but slower paced and gentle. It is great for any experience levels and also for those who feel like slowing it down and sinking deeper into their practice, as well as those returning to yoga after a long break, recovering from injury, illness.



Yoga (Hatha)

Hatha Yoga focuses on improving mobility, breathing, balance and building up strength by incorporating postures that allow you to stretch and fully use your own body weight to build up stamina in the muscles through extended holds in each position. The practice is paired up with a breathing and concentration exercise, leading into relaxation of the mind and body to complete the class. Each yoga pose can be modified for beginners and those who are advanced in their practice.

Yoga (Iyengar)

Iyengar yoga (developed in India) exists to help students achieve and maintain health and wellbeing. Iyengar does this through emphasising precision and alignment in all poses, using props to assist all people at all stages of life to be able to access yoga and through sequencing – meaning there is importance placed on when and how poses are done. In Iyengar the range of different poses and specific sequences are used for different purposes, with the teacher monitoring students and also making adjustments.

Yoga (Vinyasa)

Hot Vinyasa is an energizing, dynamic class that links breath with movement, while incorporating a continuous flow of postures. Your teacher will guide you through a series of yoga postures to create a flow, then each student moves through the sequence at their own pace.

Zumba

Zumba uses hypnotic Latin rhythms and easy to follow moves in an exciting and upbeat environment. This class improves cardio fitness and burns a lot of calories! Zumba is a music-focused dance class that focuses on fun first!