



Fitness Class List



At the heart of life

Class	Description	Category
20-20-20	Enjoy a 3 course workout involving calorie burning aerobics, body sculpting conditioning, and a Pilates style core workout. 20 minutes of each will get you looking and feeling the best you can!	Complete Body Workout
Ab's Blast	Zone in on your ab's to strengthen your core whilst also improving your posture and overall fitness.	Strength / Conditioning
Aqua Fit	A motivating class using water resistance to improve cardiovascular fitness and muscle tone. Aqua Fit is open to non swimmers and Aqua Jog is a mix of shallow and deep water exercises suitable for confident swimmers.	Water Workout
Aqua HIIT	Aqua HIIT is a non stop water based workout that guarantees to get your heart pumping and burn calories. It is an interval based class that combines periods of intense exercise and varying amounts of rest. You will burn fat, improve muscle tone and build strength!	Water Workout
Aqua Jog	A motivating class using water resistance to improve cardiovascular fitness and muscle tone. Aqua Fit is open to non swimmers and Aqua Jog is a deep water workout suitable for confident swimmers.	Water Workout
Aqua Jog (Deep end)	A revolutionary workout that will keep you in shape. Maximise the benefits of running without all the bone and muscle stress. Only suitable for confident swimmers.	Water Workout
Aqua Natal	A gentle exercise to music class in the pool for mums to be. Led by local midwives this class is ideal from the 12th week of pregnancy.	Water Workout
Aqua Zumba	A combination of the exhilarating Zumba dance with traditional aqua fitness disciplines, which when blended together offers great cardio, conditioning and body toning benefits.	Water Workout
Body Combat	Welcome to the worlds most popular martial arts group fitness class. Supported by role model instructors and driving music, get ready to strike, punch, kick and kata your way through calories to superior cardio fitness.	Complete Body Workout
Body Pump & Body Pump Express	This 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 weights to inspire you to get the results you came for and fast!	Strength / Conditioning
Box Fit	One of the most fun, challenging and effective full body workouts using combinations of pad work, skipping and body weight exercises. Guaranteed to get you fit and enhance muscle definition.	Strength / Conditioning
Boxercise	One of the most fun, challenging and effective full body workouts using combinations of pad work, skipping and body weight exercises. Guaranteed to get you fit and enhance muscle definition.	Strength / Conditioning
Bums, Legs & Tums (BLT)	Tighten trim and tone all the bits we love to hate from the waist down in this easy to follow strength and conditioning class.	Complete Body Workout
BLT on the Ball	The ultimate body conditioning class to target those wobbly bits! Using balls, bands and your own body weight with moves that are fun, easy on the joints and highly effective.	Complete Body Workout

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Burn & Firm	The ultimate body conditioning class to target those wobbly bits! Using balls, bands and your own body weight with moves that are fun, easy on the joints and highly effective.	Complete Body Workout
Cardio & Core	A total body conditioning class to tone, strengthen and stretch your whole body.	Cardio
Cheerleading	Guaranteed fun and a great way of keeping fit with jumps, stunts, dance routines and chants. Pick up your pom poms and let's go B-R-I-O!	
Clubbercise	Clubbercise is an easy to follow dance fitness class with music anthems from the 90s to the latest hits, all in a darkened room with disco lighting and flashing glow sticks!	Complete Body Workout
Express Spin	A 30 minute intense spin class that will help you to burn more calories in less time. This class is set to motivating music that offers a highly effective workout!	Cardio
FatBurn Extreme	FBX is a maximum intensity, bodyweight exercise training system. It optimises your whole body while providing rapid results and creates a faster fat burning metabolism.	Interval
Fit Steps	Shimmy and shake your way to fitness. Founded by the Strictly Come Dancing professional dancers, this class blends authentic ballroom and Latin dance moves into a fun and effective group workout.	Complete Body Workout
Gym Circuit	A motivating gym based circuit class that uses a mixture of cardio and resistance equipment to give a great all over workout that's suitable for all abilities.	Interval
Hatha Yoga	A gentle paced stretching class that will increase your flexibility and strength. This class combines yoga poses and relaxation techniques that will strengthen and condition your body, plus act as a release against stress.	Mind & Body
Hi Energy	Hi Energy offers the fastest way to better fitness! Fast moving and high impact, you'll burn calories, tone your body and best of all have a great time doing it.	Complete Body Workout
HITT Workout	High intensity interval training helps you to burn more calories in less time. It's so demanding and intense that it's proven to change your body, lower your fat composition and turn you into a fat burning machine.	Interval
Hoola Hoop	Blitz the belly fat, sculpt your ab's and build your core strength using specially designed hoops that enable everyone to hoola and more importantly have fun!	Complete Body Workout
Insanity	Are you ready to dig deep? Let us push you past your limits with non stop intervals of strength, power, resistance, ab and core training moves. Insanity will keep your body constantly challenged burning up to 1000 calories in an hour!	Interval
Ivegar Yoga	A gentle paced class that will guide you through a series of structured sequences of postures. This class combines a series of gentle yoga movements alongside breath control that will not only increase your stamina but also strengthen and condition your body. Perfect as a release against stress.	Mind & Body

Class	Description	Category
Kettle, Cardio & Core	An effective 3 in 1 workout incorporating cardio, weight and core training with the use of a kettlebell to tone, burn fat and greatly improve your overall fitness.	Strength / Conditioning
Kettle, Tone & Burn	An effective 3 in 1 workout incorporating cardio, weight and core training with the use of a kettlebell to tone, burn fat and greatly improve your overall fitness.	Strength / Conditioning
Kettlercise	Following a non stop routine with the use of kettlebells, these classes will work every single muscle in the body to ensure you burn off fat, tone up, improve core stability and dramatically improve your endurance.	Strength / Conditioning
Kidz Dance	Be the envy of your friends with these fun and imaginative classes for kids aged 3-7 years! You'll learn and master some cool new moves and dance like your favourite pop stars.	Complete Body Workout
Metafit / Metafit Abs	A functional and effective metabolic workout using your own body weight, that burns fat 24 hours post workout! This class will seriously change the way you train.	Interval
Nifty Fifties Top 2 Toe	A fun and lively low impact workout suitable for the 50+. This class offers a perfect combination of aerobic and toning exercises to condition and shape the whole body.	Complete Body Workout
Pilates	The perfect workout for improving your strength, flexibility and agility. This class will invigorate your mind and condition your body through stretching and strengthening moves focused around your core muscles.	Mind & Body
Piloxing	A non stop cardio fusion of standing pilates, boxing and dance that will push you past your limits and make you feel physically and mentally empowered.	Complete Body Workout
Pure Stretch	This class is designed to lengthen the body and strengthen the core through stretching and strengthening moves focused around your core muscles.	Mind & Body
Senior Spin	A popular group cycling class set to motivating music that offers a highly effective workout! Senior Spin is a quieter class but still allows you to set your own resistance and control the intensity of your workout.	Cardio
Simply Step	One of the best workouts for your legs and bum! This energising step aerobic workout makes you feel alive and pushes fat burning systems into high gear, finished off with a muscle conditioning blast to give you a super sweaty workout.	Complete Body Workout
Spin	A popular group cycling class set to motivating music that offers a highly effective workout! Senior Spin is a quieter class but still allows you to set your own resistance and control the intensity of your workout.	Cardio
Street Fit	Street Fit is a vibrant blend of edgy street dance and high-energy fitness for unique individuals who don't just stand around and let life pass them by.	Complete Body Workout
Super Circuits	Take your body to it's limits and get seriously fit with this workout. You'll work, you'll sweat and best of all you'll burn calories like crazy!	Complete Body Workout

Class	Description	Category
Swimfit	The alternative way to work out in the pool. Its fun, effective and gets the results you want through a mixture of swimming drills and fitness based exercises. This is a great class to complement your current fitness routine.	Water Workout
Synrgy	Achieve your fitness goals in just 20 minutes! Add more diversity to your workout with strength, endurance, speed, agility and co-ordination training. Classes available for all abilities.	Interval
The Hour of Power	Get ready to challenge your mind and your body in this amazing new fitness experience not to be missed, using dumbbells and body weight exercises to tone and dramatically improve your fitness levels.	Strength / Conditioning
Total Tone Circuit	A highly energising cardio and conditioning class that will rev up your heart rate and most importantly blast fat fast!	Complete Body Workout
Wet 'n' Wild	Get the whole family making a splash with floats, balls, toys and a giant inflatable obstacle course.	Water Workout
Yoga	A gentle paced class that will guide you through a series of structured sequences of postures. This class combines a series of gentle yoga movements alongside breath control that will not only increase your stamina but also strengthen and condition your body. Perfect as a release against stress. Please bring a suitable yoga mat to this class.	Mind & Body
Zumba	Join the Zumba revolution and party your way to the body you've always wanted in this fun and exciting fusion of Latin and international dance, with music that promotes an effective and infectious workout.	Complete Body Workout
Zumba Gold	This class takes the Zumba formula and modifies the moves and pace to suit the needs of the older participant. What stays the same are all the elements that the Zumba fitness party is known for.	Complete Body Workout
Zumba Step	Take lower body workouts and calorie burning to new heights with Zumba Step, the newest Zumba programme. Tone and strengthen glutes and legs with a gravity-defying blend of Zumba routines and step aerobics.	Complete Body Workout
Zumba Tone	Shake it, tone it, rock it! The Latin inspired dance fitness party that provides serious sculpting for party animals.	Complete Body Workout