



## **Aerobics**

Aerobics is still a great way to improve stamina, endurance and help with weight loss. These sessions are fun packed and motivating.

## **Belly Dancing**

A gentle and pleasurable way of improving posture, suppleness, and general health and well being. Ideal for all shapes and sizes.

## **Body Balance**

Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony and balance.

## **Body Conditioning**

Targeting those problem areas. A short cardiovascular warm up followed by various toning exercises

## **Body Focus**

Strengthen & Tone your whole body, especially your core muscles, in this non-impact conditioning class.

## **Body Pump**

The most successful group fitness program in history, Body pump is a 45-60 minute class using barbells and adjustable weights to tone and condition muscles while increasing the metabolic rate for rapid fat-burning.

## **Boxercise**

Improve your fitness, tone up, have fun and take out your aggression, frustration and anger through a variety of moves and exercises based around boxing techniques. Ideal for males and females of all ages and abilities. Weekly sessions now being held with our qualified Boxercise instructors.

## **Circuit Training**

This is a cardiovascular and toning class using body weight and a variety of equipment to target weight loss and improve strength and stamina.

## **Core Stability**

The ultimate in muscle defining and toning exercises using Swiss balls.

## **Gym Introduction**

An introduction to the gym which involves learning how to use the weights and cardiovascular equipment. This session is required in order to qualify for a Gold Card or Freedom card. (minimum age 16 years old)

## **Intro to Spinning**

Spinning is such an excellent workout for all levels so take the opportunity to learn how to set the bike up to suit you, the basics of spinning and then try a 30-40 minute easy spinning session. Only beginners permitted in this class and you can do 1-2 hour sessions before we will encourage you to try other spinning classes.

## **Spinning**

Spinning is a high intensity workout, riding on stationary studio bikes led by an instructor set to music in anaerobic class like environment. It is the perfect exercise for people who are looking for a more efficient and fun way to burn fat.

## **Step**

A high intensity, low impact workout, which involves stepping on and off and adjustable platform in a choreographed routine.

Minimum age for classes is 14 years

