

# EXERCISE DESCRIPTIONS



<b>Cardiovascular</b>
<b>Box Fit Circuit/Boot Camp</b> A combination of cardiovascular and toning exercises in an indoor/outdoor environment
<b>Drums Alive</b> A rhythmic aerobic workout using fitness balls and drumsticks!
<b>Studio Cycling</b> Using stationary bikes, an intense motivational class with sprints, hill climbs and endurance work
<b>Step</b> A traditional step class based around choreography or power blasts
<b>Beginners/Advanced Aerobic Fat Burner</b> A traditional aerobics class, putting together a routine with aerobics moves
<b>RUSH / 90 60 30 workout / HIIT Row / HIIT Yoga</b> High intensity interval training – the ultimate fat burning training session in unique styles
<b>Country Walk</b> A 45 minute circular route through Ragdale village and back to the Hall
<b>HIIT Wheels</b> High intensity interval training workout – intervals on and off the bike
<b>Toning</b>
<b>Hula Hooping</b> Learn how to hula hoop and get an abdominal workout at the same time
<b>Coreboard Conditioning</b> Using the coreboards, flexibars and gliders to get an intense core and whole body workout
<b>Fitness Yoga</b> Adapting traditional yoga poses to achieve a total body conditioning and cardiovascular workout
<b>Legs, Bums &amp; Tums</b> A complete conditioning class based around the legs, the bottom and the tummy. Taught in a traditional or interval style.
<b>Ballet Toning</b> Ballet inspired moves to tone and sculpt the whole of your body
<b>Weights for Strength and Tone</b> The quickest way to change the shape of your body and reduce the risk of osteoporosis
<b>One to One Sessions</b>
<b>Exercise Programme</b> Have a workout designed to fit your lifestyle, either in the gym or a programme you can follow in your own home!
<b>Personal Training</b> A tailored, one to one session with one of our highly qualified instructors. Whether it be to lose weight, help tone up, improve posture or generally to get a good workout, let our instructors put you through your paces in this hour long session
<b>Pilates Personal Training</b> Have a one to one Pilates based session with one of our instructors and perform slow and controlled movements to re-educate you in how to gain a perfect posture and help you to strengthen and stabilise your hips, shoulders and core

<b>Dance Classes – Aerobic and good fun classes!</b>	
<b>Broadway</b>	A slick and smooth musical theatre routine – we'll provide your top hat and cane
<b>Jive</b>	A unique Jive class for solo dancers rather than pairs
<b>Zumba®</b>	Follow the latest craze and experience an exhilarating, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™
<b>Bollywood</b>	Learn a Bollywood routine as you dance your way into your Jai Ho dream
<b>Groovelates</b>	The perfect blend of functional core work and funky feel-good vibes
<b>Magical Musicals</b>	A routine to a hit musical
<b>Hot Salsa Fitness</b>	Basic salsa moves put into a routine
<b>Mind &amp; Body</b>	
<b>Time to Unwind</b>	Basic techniques to balance the body and mind. Giving you an opportunity to switch off and take time for you
<b>Pilates on the Ball</b>	Pilates movements and exercises using the fitness balls
<b>Roll and Release</b>	Using foam rollers, spiky balls and a range of stretching and self massage techniques, this session will encourage healthy functioning fascia for pain free motion.
<b>Candlelight/Sunset Stretch</b>	An all over body mobility and stretch class, a great end to a busy day
<b>Tai Chi</b>	A fusion of martial arts movements to give balance to the body and calm the mind
<b>Hatha Yoga</b>	Traditional Hatha Yoga class to improve strength and flexibility and find inner peace and harmony
<b>Pilates Intermediate/Advanced</b>	Traditional Pilates goes back to basics working on posture, stability and improving core strength
<b>Water Classes</b>	
<b>HIIT the Water</b>	A fun, fat burning class deploying the current hot trend of high intensity interval training
<b>Cardio Waves</b>	Targeting your heart and lungs with land exercises creatively transferred to the pool for a super calorie burn
<b>Aquaflow</b>	Blending elements of Yoga, Pilates and Tai Chi to produce a unique whole body workout
<b>Aquaflex</b>	Using water woggles and floats to tone your target areas both above and below the waterline
<b>Aquagym</b>	Experience underwater exercise equipment, designed to give you an intense workout, but without the impact stress associated with dry land.

For more information regarding the classes please see a member of the fitness team or call extension 318.

This information is correct at the time of printing, however it is subject to change. Please see the Fitness Department for the most up to date information.