

# FITNESS DESCRIPTIONS

## CARDIOVASCULAR

### Drums Alive

A rhythmic aerobic workout using fitness balls and drumsticks!

### Studio Cycling

Using stationary bikes, an intense motivational class with sprints, hill climbs and endurance work.

### Aerobic Fat Burner and Aerobic & Tone

A traditional aerobics class, putting together a routine that will raise your heart rate and tone your body

### RUSH / 90 60 30 Workout

High intensity interval training - the ultimate fat burning training session in unique styles.

### Step Intermediate

A traditional step class based around choreography or power blasts.

### HIIT Wheels

High intensity interval training workout - intervals on and off the bike.

### Static Circuits

A class combining both cardiovascular and toning exercises to achieve a full body workout, while working solo with and without equipment.

### Countryside Walk and Workout

A 45-minute walk, incorporating exercises along the way to raise your heart rate and strengthen your body.

### HIIT the Court

High intensity interval training- a 30-minute fat burning blast outside on the tennis courts.

## TONING

### Coreboard Conditioning

Using the coreboards that slightly tilt and move, you will achieve not only an intense core blast but also a whole-body workout.

### Fitness Yoga

Adapting traditional yoga poses to achieve a total body conditioning workout.

### Legs, Bums & Tums

A complete conditioning class based around the legs, the bottom and the tummy. Taught in a traditional or interval style.

### Ballet Barre

Conditioning Ballet inspired moves to tone and sculpt the whole of your body.

### Weights for Strength and Tone

Using barbells and your choice of weight, this class is the quickest way to change the shape of your body and reduce the risk of osteoporosis.

### Beginners Outdoor Workout

A 45-minute outside workout designed for beginners who want to improve their fitness and feel strong.

## DANCE CLASSES

### Jive

A lively, Jive inspired dance class. Focusing on footwork and getting your heart rate up.

### Zumba®

Follow the latest craze and experience an exhilarating, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™

### Bollywood

Learn a vibrant combination of Bollywood movements, concentrating on hand and arm positions.

### Salsa Fit

Get your hips moving as you experience a fun salsa routine, dancing solo rather than in pairs.

### Magical Musicals

A fun, light-hearted musical theatre routine, leaving you feeling like the star of the show.

# FITNESS DESCRIPTIONS

## MIND & BODY

### Roll and Release

Using foam rollers and spiky balls this class will teach you a range of self-massage techniques. Benefits of self-massage and stretching helps to encourage healthy functioning of fascia for pain free motion.

### Candlelight/Sunset Stretch

An all over body mobility and stretch class, a great end to a busy day.

### Tai Chi

A fusion of martial arts movements to give balance to the body and calm the mind.

### Hatha Yoga

Traditional Hatha Yoga class to improve strength and flexibility, alongside elements of meditation to find inner peace and harmony

### Pilates

Traditional Pilates goes back to basics working on posture, stability and improving core strength.

## WATER CLASSES

### HIIT the Water

A fun, fat burning class incorporating the current hot trend of high intensity interval training.

### Cardio Waves

Targeting your heart and lungs with land exercises creatively transferred into the pool for a super calorie burn.

### Yoga H2O

Using a range of Yoga postures to produce a unique whole-body workout focusing on balance, flexibility and strength.

### Pilates H2O

Focusing on improving your posture this class uses water woggles to test your core, strength and stability.

### Aquaflex

Using water woggles, floats or dumbbells to tone your target areas both above and below the waterline

### Aquagym

Experience underwater exercise equipment, designed to give you an intense workout, but without the impact stress associated with dry land.

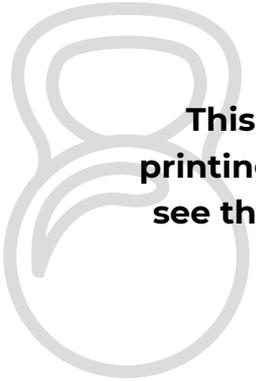
## ONE TO ONE SESSIONS

### Personal Training

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.

### Pilates Personal Training

A one to one Pilates session with an instructor to help you find a perfect posture, you will be guided through precise movements to strengthen and stabilise your hips, shoulders and core.



**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.**

**For more information regarding the classes please see a member of the Fitness Team or call extension 318**