

## CARDIO

### Drums Alive

A rhythmic aerobic workout using fitness balls and drumsticks!

### APEX Cycle

A unique indoor cycle workout to transform your body and free your mind.

### Aerobic Fat Burner and Aerobic & Tone

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

### PULSE

Challenge yourself mentally and physically in this high intensity workout to embrace your strength and release feel-good endorphins.

### Intermediate Step

A traditional step class based around choreography or power blasts.

### 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.

## STRENGTH

### 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.

### LIFT

Combining traditional weight training exercises with creative functional movements for lean and toned goals.

### WAVE

A flowing blend of yoga and fitness movements, sometimes also incorporating Pilates and contemporary dance influences, to strengthen and lengthen the body.

## DANCE

### Jive

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

### Zumba®

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.

## MINDFUL

### Candlelight Stretch / Stretch to Relax

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

### Hatha Yoga

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

### Tai Chi

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

### Pilates

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

## WATER

### 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