

Class descriptions

Yoga – a class that utilises the entire body through poses to improve your flexibility, mobility and strength, while using your breath to bring into union the breath and the body. Suitable for all abilities.

Pilates – repetitive gentle exercises to create muscular exertion. Slow and controlled movements giving you long term inner strength gains. Great for muscle endurance, core strength and general mobility.

Spin – a high energy workout based on the bike. Your instructor will take you through sprints and hills as you get a great lower body workout and high calorie burn.

Step – a classic workout using the step to increase your heart rate whilst improving your fitness and burning calories. A great fun session to also help tone up the legs and engage your core.

Step it Up – an alternative express step workout using interval training. Every exercise is performed on the step but we look to raise heart rate, challenge the lower body, upper body and work the core.

Pump Up – an all body workout based around muscle groups. With an emphasis on lifting weights whether that be with a bar, dumbbells or kettlebells expect to improve strength, muscle conditioning and great for strengthening around joints.

RIG Training – RIG = an adult climbing frame with different stations set all around enabling you to perform a total body workout using functional and strength equipment

RIG Circuits – a timed workout based around individual workout stations. This session will combine upper, lower, core and cardio exercises.

Bootcamp – a great intense workout with a licence to combine all types of fitness and strength training. Varied equipment and workouts designed to get the whole body moving.

Boxing Fit – boxing themed workout based around glove and pad work and in partners. Great upper body workout with the added bonus of core and fitness training.

Strength and Stability – suitable for all ages however this workout is a much lower intensity session. The focus being on improving balance, posture, strength and general mobility

Abs and Stretch – looking to improve your core strength or tone your mid-section then this is the class for you. Following your abdominals workout a great stretch to improve flexibility and prevent/improve aches and pains.

Total Body Workout – a 30 minute express session based in the gym looking at giving you that all over body workout when your short of time.

TABATA Training – a TABATA is a form of interval training based over eight rounds. You will be working for 20 seconds and resting for 10 seconds performing a variety of all exercises throughout the class. Great music!!

HIIT – ‘High Intensity Interval Training’ – a workout that should leave the muscles burning and hitting great levels of calorie burning. Body weight and free weights will be part of the fast paced session.

Calorie Crunch – a cardio session aimed at improving your fitness and recovery times. As it states great to burn some extra calories and wake up the body.

Strength and Tone – a lower intensity total body session. Using lighter weights but high reps to achieve muscle burn. Resistance bands also play a part in this class for targeting lower body muscle groups.

Lower Body Blast – all out attack on the lower body performing body weight, static and weighted exercises. Targeting the glutes, thighs, hamstrings and calfs....

Rock your core – strengthen and tone up the mid-section making your body more stable and fit for everyday life. Core is all about being strong from the inside to out.

Box & Burn – a shorter boxing session involving the pad and gloves working on technique, boxing drills and boosting fitness and stamina in the upper body.

Sweat & Shred – with a good focus on resistance training using machines, free weights and body weight we look to build strength and confidence lifting weights. Always time for short bursts of cardio during recovery though.....

