



CLASS DESCRIPTIONS

Dance Studio

Aerotone	A fun & effective combination of aerobic routines and body toning exercises.
BodyBalance	A range of yoga based moves paired with an inspiring soundtrack to improve both your body and your mind.
BodyPump	The ultimate bar-bell workout to get lean, toned and fit fast.
Body Combat	Work your entire body in this high intensity martial arts inspired class.
Fitsteps	An upbeat dance class for a fun and expressive way to burn the calories.
Les Mills Core	Build endurance, stability and strength in this in this scientific core workout, challenging but achievable
Pilates	The perfect class for health and vitality, producing long lean muscles & improving posture.
Power Pilates	A focused fitness session with an emphasis on core strength, balance and control. Incorporates traditional mat work.
WBW	A whole body workout with a mix of strength, flexibility and core exercises.
Yoga	An energising practice that focuses on strength, flexibility and breath work to boost both physical and mental wellbeing.

Pool

Aqua	Make a splash with a range of water based exercises for a fun way to work out.
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Cycle Studio

Ride	A high intensity spin workout set to burn the calories and improve fitness.
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Gym

Kettlebells	An endurance class concentrating on strength, balance & cardio.
Bootcamp	A vigorous & intense class designed to test your endurance levels & put you through your paces.
Legs, bums & tums	A full body aerobic workout that aims to tone up your thighs, bum and stomach.