

CLASS DESCRIPTIONS

■ Dance Studio ■ Cycling Studio ■ Main Pool ■ Gym/Outdoor Exercise Area



Dance Studio

Body Balance	A range of yoga-based moves paired with an inspiring soundtrack to improve both your body and mind.
Body Pump	The ultimate bar-bell workout to get lean, toned and fit.
Combat Workout	Work your body in this high intensity martial arts inspired class.
Dance Fitness	Move to the rhythm, get fit and have a blast in our fun-filled class!
Max Out	A class of quick intense workouts for maximum results in a fun, energetic atmosphere.
Legs, Bums & Tums	A full body workout that aims to tone up your thighs, bum and stomach.
Les Mills Core & Fusion	Build endurance, stability and strength in this scientific core workout, challenging but achievable.
Pilates	The perfect class for health and vitality, producing long lean muscles and improving posture.
ROX	High intensity functional training that combines strength, endurance and conditioning in a structured workout.
Stretch & Chill	Enhance flexibility, prevent injuries and unwind in our calming class.
Whole Body Workout	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.

Main Pool

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

Ride	A high intensity spin workout set to burn the calories and improve fitness.
Ride FASTER	A shorter version of Ride but more condensed and high intensity.

Gym

Circuits	A vigorous and intense class designed to test your endurance levels and put you through your paces.
Kettlebells	An endurance class concentrating on strength, balance and cardio.
Strength & Conditioning	A full body strength approach using the Olympic bars, dumbbells and resistance machines.