

# 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.

## 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.