

<u>CLASSES</u>	<u>DESCRIPTION</u>	<u>CLASSES</u>	<u>DESCRIPTION</u>
AQUA FIT	A fun full body, low impact aerobic workout, using the water as resistance. <b>Helping to increase cardiovascular fitness and muscular strength.</b>	STRONG NATION	Strong Nation is by Zumba, it combines high intensity training with music motivation. Great for increases cardio vascular and coordination.
BOOTCAMP	Challenging early morning class, involving cardio, strength, and fitness challenges to start the day off.	ZUMBA	Zumba is a worldwide phenomenon. Exotic dance, and high energy with international beats that help you improve your cardio & coordination
PUMP & TONE	Full body workout using barbells, performing different exercises with high repetitions to help increase muscle mass.	ZUMBA KIDS	Full filled class for the kids to enjoy and learn Zuma. This will help to improve their coordination and cardiovascular.
LEGS, BUMS & TUMS	A class that is energetic, which involves exercises to target your legs, bum & stomach to help strengthen and tone your body.	CLUBBERCISE	Fun full body workout with new music every time, rooms light up with disco lights, and glow sticks are available to purchase at reception.
LEGS, BUMS & MUMS	Fun workout for mums, babies & toddlers. Exercises to help get you back in to shape with a qualified post-natal instructor	KETTLEBELLS	Kettle bells is a great way to increase your functional strength and tone up. High core activation and full body strength exercises
BODY CONDITIONING	A full body workout that changes every time, ranging from cardio, strength & muscular endurance. Great way to feel good and tone up.	GROUP CYCING	Improve cycling performance, fitness and health with our fun group cycling classes. High calorie demand, which will help to increase leg strength and cardo.
SENIOR BODY CONDITIONING	Low impact, aerobic, balance and strength class. Exercises modified to your own ability. Great social group too.	CORE STRENGTH	A class that will challenge your core, to help increase your core strength. Great way to improve balance too.
CIRCUITS	High-energy fast paced class that gets the heart pumping. Full body workout, that is different each week.	QIGONG	An ancient internal Chinese martial art focused upon meditation and breathing techniques. Suitable for any ages!
PILATES	Improve your balance, core strength and posture aiding joint mobility. Different levels to suit everyone.	PURE STRETCH	Aimed at increasing full body flexibility and stretching any tight muscles a great way to relax.
LADIES STRENGTH GROUP TRAINING	Group training class to empower women to lift weights and become stronger. Lend by female fitness instructor. Different every week.	GROUP TRAINING	For all Gym uses, whether that be beginners or regular gym goers. It is a fantastic way to learn new exercises with an instructor.
GENTLE STRETCH	This class will help to improve flexibility and stretching, also a good way to de stress and concentrate on breathing.	STUDENT CIRCUITS	This is for any of our junior/ students from 14 years and up. Fun exercises to learn with and instructor.
HIIT	High Intensity Interval Training is a great way to kick-start the day with maximum energy, focusing on strength, muscular endurance and cardio.	FITNESS YOGALATES	This class is combination of Yoga and Pilates in one. Helps to improve posture, flexibility and core strength.

**PLEASE NOTE:**

- **10 hours' notice prior to the start t is required to cancel a class for refund.**
- **Start times of the classes must be adhered to, admittance after the class has commenced. If it is your first time doing the class, we advise you arrive 5 minutes earlier.**
- **If you are new to exercise or have any doubts about your suitability, we advise you speak to your GP.**