

EXERCISE CLASS DESCRIPTIONS

Abs Class

Innovative exercises that target the core muscles in the stomach and back.

Body Blitz

An all over body 'blitz' of muscular strength and cardiovascular endurance.

Body Fusion

An invigorating/intensive mix of Tai Chi, Yoga and Pilates

Bums, Tums & Thighs

A low impact workout that focuses on toning those 'problem areas'.

Circuits

With lots of variation, this high intensity session burns fat whilst focusing on cardiovascular fitness and endurance.

Eazy Fit

Gentle cardio workout taken at your own pace, followed by toning and stretching exercise.

Urban Rebound

Using trampettes, and played out to music, Urban Rebound is high paced fat burning workout.

H2O

An invigorating pool based workout that gently conditions the body without excess strain on muscles and joints.

Kettle Bells

Using Kettle Bells, this class is an entire body workout and is sure to help build strength and endurance.

Metafit

Metafit is the original 30 minute metabolic workout that just keeps working!

On the Ball

Using gym balls, this full body workout concentrates on toning the core muscles of the abdomen, lower back and bottom.

Pilates* (course)

Pilates develops the body uniformly, improving alignment through gentle toning and stretching exercises.

Riverlution

Indoor cycling classes utilising innovative exercises that target the core muscles in the stomach and back.

Yoga*

Improving breathing, circulation, digestion and hormonal balance whilst strengthening the body and developing flexibility.

Dance Fusion

An upbeat cardio class set to popular music. Burn calories whilst you dance yourself fit!

Zumba

Fusing Latin music and easy-to-follow dance moves, fast & slow rhythms and resistance training are combined to tone your body whilst burning fat.

20-20-20

This consists of three 20 minute intervals using various exercises that focus on the whole body.