

EXERCISE CLASS DESCRIPTIONS

Abs Blast

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

Aqua Circuits

Aqua Circuits are the aquatic equivalent to circuits in the gym!

Blast FX

Blast FX delivers dynamic conditioning via body weight only exercises.

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.

CORE DE FORCE

A High-energy, non-contact group fitness class that mixes MMA-inspired cardio drills with explosive power moves for a full-body conditioning workout.

H2O

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

Resistanz

A conditioning workout using barbells and body weight exercises.

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.

Step

Played out to music, this classic step aerobics class is a low-impact fat burner & muscle toner.

Tight Assets

An effective mix of "old skool" moves brought up to date. No complicated choreography, no high impact aerobics & no pumping iron.

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.

Total Tone

A simple fast, fun and fat burning class that gives a superb total body workout.

PiYo

Combines the muscle-sculpting benefits of Pilates with the strength and flexibility of yoga in a low impact class with no weights.

Khaba Fit

An upbeat cardio class based on kickboxing and other martial arts moves.

Body Moves

An all over body workout of muscular strength and endurance.

Strength & Grace

A structured series of movements increasing core strength and restoring the body's symmetry