

EXERCISE CLASS DESCRIPTIONS

Ab Blast

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 Conditioning

An all over body workout of muscular strength and cardiovascular endurance.

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.

FitSteps

A dance/fitness class which combines popular Latin and Ballroom dances. Taught in a line dance style so no partners are required.

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.

Step

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

PiYo

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

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.