



Fitness Class descriptions

ABS CONDITIONING

Starting with an aerobic warm up we then focus on toning your core using body weight exercises.

AEROTONE

Combination of aerobic and conditioning exercises to provide an all-over-body workout.

HIIT AND CORE

High Intensity Interval Training and core work to burn a large amount of calories in a short space of time.

LBT

An easy-to-follow, high-impact class which combines aerobics with conditioning exercises to focus on legs, bums and tums.

BALLET FIT

A modern version of classic balletic training. Designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, the perfect combination of cardio and strength training.

BODY CONDITIONING

A mixture of aerobic and conditioning exercises to provide an all-over-body workout.

CONDITIONING BOOTCAMP

Combining cardio and resistance work to gain an all over body workout. You're guaranteed a varied class that will hit the whole body.

CIRCUITS BOOTCAMP

Circuits is a high energy and fast passed class which involves working your way around different exercise stations, performing each exercise as many times as you can in a set amount of time.

DYNAMIC PILATES

Dynamic Pilates is designed to readdress the body's natural balance through a series of exact, controlled movements. The exercises will flow and with use of high repetitions we will keep you warm, while focusing on the core muscles, the centre of support for the rest of the body.

GENTLE HATHA YOGA

A gentle yoga class, encompassing most yoga styles, postures and breathing techniques which help bring peace to the mind and the body.

GRIT CARDIO

Is a 30-minute HIIT (high-intensity interval training) workout that improves cardiovascular fitness, increases speed and maximises calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

HIIT BOOTCAMP

A 30-minute high intensity interval class outside, that involves repeat bouts of high intensity effort, followed by varied recovery time. Using body weight exercises to burn maximum calories in your workout.

POWER PUMP

Sculpt, tone and strengthen your entire body with low weights and high reps. You will burn fat, gain strength and produce lean body muscle while you squat, press, lift and curl.

PILATES

Mat-based exercises to improve muscle control, flexibility, coordination, strength and tone. Suitable for all.

STRETCH PILATES

Slow-paced mat based exercises to improve muscle control, coordination, tone and strength. With focus on mobility and stretching to work on flexibility.

SIVANANDA YOGA

A classical form of yoga practising pranayama (yogic breathing) and asanas (yoga poses) to increase strength and flexibility and relaxation to calm the body and the mind.

SPIN

A challenging and fun cycling workout to improve cardiovascular fitness while burning calories. New to Spin? Try our Beginners classes first.

STRETCH MOBILITY

A non-impact class with a focus on stretching, mobility and developing flexibility, which can help to reduce the risk of injury and improve sport performance. Please warm up before the class.

TBW

An easy-to-follow, high-impact class which combines aerobics with conditioning exercises to tone the whole body.

TRX

Suspension Training bodyweight exercises to develop strength, balance, flexibility and core stability simultaneously.

VINYASA FLOW YOGA

A style of yoga characterized by stringing postures together so that you can move from one to another, seamlessly, focusing on the breath.

ZUMBA

Latin-inspired, easy-to-follow, calorie burning dance