



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.

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

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.

STEP A choreographed workout with music to help set the tone and pace as you work out.

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.

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 maximin calories in your workout.

ADVANCED BOOTCAMP will incorporate the above types of training with an increased intensity and level of difficulty.

LES MILLS GRIT™ Classes consist of high-intensity, 30-minute workouts in one of three styles: Strength, Cardio and Plyo. From Barbell, plate and body weight exercises (strength)

to challenging cardiovascular fitness (Cardio) to explosive athletic training (Plyo), you will work harder to get fitter, faster.

LES MILLS BODYBALANCE™ A mixture of Yoga, Tai Chi and Pilates to build flexibility and strength. The series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

LES MILLS BODYPUMP™ 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.

LES MILLS BARRE™ 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, LES MILLS BARRE is a combination of cardio and strength with high reps of small range of motion movements and very light weights.

FIT BALL Total body conditioning using the swiss ball to sculpt and shape the body.

SPIN A challenging and fun cycling workout to improve cardiovascular fitness while burning calories. Endurance, Strength and HIIT training. New to Spin? Why not try our Express Spin Class to begin with.

HYDRO SPIN A full body workout using underwater bikes. Great for conditioning while being gentle on joints. Open to all fitness levels. Please arrive early to step up.

AQUA Using water as a resistance, this pool-based workout is great for cardio and conditioning while being gentle on the joints.

MOBILITY STRETCH 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.

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.

BACK TO BASIC PILATES An ideal class to follow *Complete Beginners* course or to remind you of the basics, you will gently strengthen the core, pelvic alignment and postural muscles and increase body awareness and joint mobility.

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.

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.

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.

If you have any questions regarding Fitness Classes, please speak to a Health Club Staff Member.