

CLASS DESCRIPTIONS

Dance Studio

Aerotone	A fun & effective combination of aerobic routines and body toning exercises.
Les Mills Barre	An elegant ballet inspired work out to shape, tone & build core strength.
BodyBalance	A range of yoga based moves paired with an inspiring soundtrack to improve both your body and your mind.
BodyPump	The ultimate bar-bell workout to get lean, toned and fit fast.
Fitsteps	An upbeat dance class for a fun and expressive way to burn the calories.
Pilates	The perfect class for health and vitality, producing long lean muscles & improving posture.
WBW	A whole body workout with a mix of strength, flexibility and core exercises.
Yoga	An energising practice that focuses on strength, flexibility and breath work to boost both physical and mental wellbeing.
Combat Workout	Work your entire body in this high intensity martial arts inspired class.
WBW Xtreme	Challenge your strength, flexibility and core in this powerful version of our popular WBW.
Les Mills Core	Build endurance, stability and strength in this in this scientific core workout, challenging but achievable

Pool

Aqua	Make a splash with a range of water based exercises for a fun way to work out.
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Cycle Studio

Ride	A high intensity spin workout set to burn the calories and improve fitness.
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Gym/Outdoor Exercise Area

HIIT Squad	A high intensity interval training class for a fast and effective way to get fit and healthier.
Kettlebells	An endurance class concentrating on strength, balance & cardio.
Absolute Abs	A selection of exercises targeting the abs to strengthen and condition the muscles.
Bootcamp	A vigorous & intense class designed to test your endurance levels & put you through your paces.
Legs, bums & tums	A full body aerobic workout that aims to tone up your thighs, bum and stomach.