

**Aqua Calm / Blast A** non-weight bearing workout in water combining movement and water resistance to give you a fun and effective workout! Aqua Calm is for beginners and Aqua Blast is for intermediate.

**Body Balance** A Yoga, Thai Chi and Pilates inspired workout leaving your body long, strong calm and centre, leaving the body in a state of harmony and balance.

**Body Combat** Combines powerhouse moves and stances developed from a range of self-defence disciplines. Combat will have you fighting fit in no time.

**Body Conditioning** A low impact class for all body toning and reshaping.

**Body Pump** A resistance training programme which uses barbells to help improve muscular strength and endurance. An excellent toning class.

**Body Tone Circuit** All over body workout for fitness and tone, in a circuit station format.

**Bootcamp (Hazem)** A unique circuit class designed to be challenging and fun, whilst increasing speed, strength and endurance. A great way to burn calories.

**Boxercise** A form of cross training combining boxing movements and aerobics.

**Clubercise** A simple, fun dance fitness routine using glow sticks and club anthems from the 90's.

**Core** A 30 minute class designed to work out your abs and core. Using traditional abdominal exercises and functional strength work.

**Coach by colour** Studio Cycling, using colour to determine different training zones / intensity

**Contemporary Dance for wellbeing** Traditional dance styles, ballet, tap, modern in a fluid routine designed to encourage flexibility and improve fitness

**Calenetics and stretch** Helps to tone all over and stretch the muscles.

**Circuit** Station exercise format working the whole of the body.

**Dance FX** A choreographed aerobic dance class.

**Extreme Fat Burn** High intensity workout using your own body weight to burn excess fat.

**Fit Steps** Energetic upbeat dance class designed to achieve real measurable fitness results.

**Fitness Yoga** A dynamic yoga class focussing on strength and positions with less relaxation.

**Grit Cardio** An explosive high impact workout, burns fat fast.

**Grit Plyo** Creates a powerful, agile and athletic body using high intensity plyometric training.

**Grit Strength** Builds, strength and lengthens muscles by working all major groups.

**Kettlebells** Resistance based all body workout with powerful rhythmic movements.

**LBT** Legs, Bums and Tums. A low impact class designed to target those problem areas.

**Line Dancing** A fun Class combining routines and dances to country music.

**Pilates** A mind and Body class working on the inner core muscles helping to develop balance, posture and strength. Ideal for stress release and improving circulation.

**Prehab Pilates** Helps to prevent back and alignment problems.

**Studio Cycling** A high energy, fun and athletic cardiovascular cycling workout that guarantees to leave you on a high and wanting more.

**Step and Tone** step work with resistance work for toning.

**Swiss Ball/Fit Ball** Low impact workout to stabilise core strength and tone.

**Thai chi** will improve health and wellbeing and learn how to use our body, mind and breathing more effectively.

**Ultimate Conditioning** Toning for the whole body using dumbbells.

**Ultimate Workout** High Level Cardiovascular session with toning exercises to finish.

**Yoga** A mind body class focussing on posture, including dynamic poses and release of tension and stress. Also helps to increase energy levels and learn to relax.

**Zumba** Dance fusion combining Latin American, hip hop and the hottest dance moves. A fantastic way to get in shape, burn calories, tone up and have fun!