

CLASS DESCRIPTIONS

CIRCUITS

Circuits training is a great class for conditioning and resistance training. It helps build muscular strength and endurance through a variety of exercises.

PILATES

Pilates aims to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness and well-being. Our fully qualified instructor Lisa will help guide you through the class to ensure your technique is spot on.

AQUA AEROBICS

Offering you exercises you would typically expect in an exercise class but with all the added benefits you could only get from exercising in the water. The class is held in the shallow end and with all equipment provided.

LOW IMPACT AEROBICS

A high energy, fun fitness class with a range of movements providing low impact to the body and exercises choreographed to music.

FITNESS YOGA

A class designed to improve strength, flexibility and breathing to boost physical and mental well-being. The main components of the class are posture and breathing. Great class to improve posture & strength and reduce stress levels.

HIIT

Also known as high intensity interval training. A class alternating short periods of intense anaerobic body weight exercises with less intense recovery periods - perfect for fat burning.

LEGS, BUMS & TUMS

As the name suggests, a very popular class which targets the legs, bums and tum area to shape and tone the body.

HIIT CIRCUITS

This class will work on high intensity interval training but will include a variety of equipment to keep you guessing!

FAST CLASS

With this short and intense class we make every minute count! A 15 minute workout to let your frustration out, ranging from cardio to core.

FAMILY FITNESS

A great workout for the whole family, you'll have fun and get fit together, focusing on all round fitness and keeping it fun for the kids too! Plus it's an opportunity for the kids to get one up on their parents!