



# SESSION DESCRIPTIONS

SOME SESSIONS LISTED BELOW MAY NOT BE TAKING PLACE ON THE CURRENT TIMETABLE

## **ABS & CORE** with John

Use bodyweight exercises to engage and brace your core whilst performing controlled movements of the limbs. Great for posture.

## **BODY BLITZ** with Beth

Classic body sculpting exercises using a range of equipment with bursts of cardio, Body Blitz is sure to build confidence and leave you feeling fabulous.

## **BOOT CAMP** with John

The original cardio and strength combination class. Combining functional bodyweight and equipment based exercises Boot Camp is about getting the work done and feeling the burn together with others. If the weather is good Boot Camp heads outside.

## **BURLEXERCISE™** with Beth

Burlesque-Fit incorporates dance fitness with a bodyweight workout. Designed for absolutely everyone to enjoy, get fit and feel confident whilst participating in this workout with a fun burlesque twist.

## **CARDIO FUNK** with Annabelle

A whole body aerobic workout using a range of dance styles combined into fun, simple routines. Helps improve stamina, strength, agility and mobility.

## **CARDIO HIIT** with John

Using a mix of cardio and functional resistance exercises in quick succession, this class packs a mighty punch – challenge yourself to get another rep in before time is up, you'll see improvements in no time at all!

## **FITNESS FUSION** with Alison

Combining Tai Chi, Yoga and Pilates. The class incorporates balance, strength, endurance and flexibility exercises merged through flowing and controlled movements. Improve posture and benefit from three types of workout in one.

## **FITNESS PILATES** with Alison

Pilates with attitude! Increase body strength with emphasis on back and core muscles. Improves posture, mobility and muscle tone.

## **GROUP CYCLING** with Harriet, Lauren and John

Focusing on cardiovascular fitness, hills, intervals and flat roads challenge riders to dig in, keep pedalling and stay the course. Cycle through breath-taking scenery when you attend one of our MyRide+ 'cycling cinema' sessions' with real-to-life video spurring you on.

## **HIIT** with Harriet

A non-stop blast session. Agility, power, muscular and cardio endurance are challenged in this circuit style class. Get one more rep in before the time runs out!

## **LOWER BODY CONDITIONING** with Annabelle

Bodyweight exercises to really focus on the strength, power and endurance of the legs.

## **PILATES** with Alison

Low on impact but high on results. A form of exercise that is focused on building tone without bulk, developing flexibility, improving agility and enhancing core strength

## **PUMP BLAST** with Annabelle, Lauren and John

A focus on all over muscular tone and endurance using body weight and handheld equipment.

## **TAI CHI** with Simon

Often referred to as meditation in motion, Tai chi is a Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation and control of both body and mind.

## **UPPER BODY CONDITIONING** with Annabelle

Simple but effective exercises to help strengthen the chest, back, shoulders and arms.

## **YOGA** with Chandra

A traditional yoga system of practising asanas (yoga postures) and pranayama (breathing exercises), which help bring peace and relaxation to the mind and body, preparing the mind and body for deeper spiritual practices such as meditation.

## **YOGALATES** with Chandra

Yogalates is a type of exercise inspired by yoga and Pilates, as its name suggests. It is said to harness the physical and mental benefits of both practices, to ensure functional movement and whole body health.

## **ZUMBA** with Jennifer

Incorporating Latin and international music and dance moves and alternating between fast and slow rhythms, Zumba provides a great cardio workout. Zumba also seamlessly blends fitness with fun! Everybody has an inner Shakira – let it loose with our Zumba sessions.



BUCKINGHAMSHIRE  
NEW UNIVERSITY

EST. 1891