



# 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 Annabelle**

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!

## **CIRCUIT BLAST with Harriet**

A series of consecutive timed exercise stations, circuit training focuses on high intensity, low resistance work using a range of exercise equipment. Improving not only cardiovascular fitness and muscle tone, circuit training adds great variety to your workout.

## **CONDITIONING BLAST with Beth**

A great time efficient opportunity to tone and improve overall fitness using bodyweight as well as equipment for resistance.

## **DANCE FIT with Alfonso**

Release your inner Oti's and Gorka's and get your groove on with a fantastic, fusion of funky dance styles as you wind your way through a variety of musical hits. You'll not even notice the cardio workout as you'll be having so much fun

## **FITNESS FUSION with Alison and Ana**

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.

## **FUNCTIONAL CIRCUITS (this is a self-directed workout using equipment and a circuit timer)**

Take control with this self-led circuit session. Use our pre-set timer to exercise and then rest before moving on to the next exercise station. Functional circuits gives you almost infinite exercise options and you choose the intensity you want to achieve - all with an anti-bac wipe in hand!

## **GROUP CYCLING with Harriet, Sonia 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. Agility, power, muscular and cardio endurance are all challenged in this circuit style class. Get one more rep in before the time runs out!

## **KILLER KETTLEBELLS with Annabelle**

A full body workout, killer kettlebells focuses on compound movements targeting multiple muscle groups from just one exercise. Improving both muscular strength and endurance using bodyweight and kettlebells.

## **LEGS, BUMS & TUMS with Annabelle**

Sculpt and tone those areas we love to hate! Legs, Bums and Tums uses simple but effective exercises to improve muscular strength and endurance paired with a light cardio element.

## **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, John and Harriet**

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

## **SLOW FLOW YOGA with Chandra**

Relax into a Slow Flow Yoga class discovering peace within the body and mind. With a meditative pace, Slow Flow yoga holds poses for longer periods of time, improving strength, flexibility, mobility and balance.

## **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.

## **VINYASSA FLOW YOGA with Sarah**

Vinyassa is a creative style of Yoga which uses breath to seamlessly transition poses. With a calming effect, Vinyassa improves strength and flexibility of the whole body.

## **YOGA with Linda**

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.

## **ZUMBA with Jennifer**

Zumba fitness combines fun, exotic dance moves to Latin and international tracks to create simple but effective routines. Zumba is a type of cardiovascular training targeting the whole body by alternating slow and fast rhythms. Zumba is great for boosting hearts rates but most importantly confidence and having fun.