



SESSION DESCRIPTIONS

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

ABS & CORE with Alfonso

Tighten the tummy, strengthen the back and firm up the glutes using mainly bodyweight exercises to strengthen the all-important core.

BODY BLITZ with Beth

Classic body sculpting exercises using a range of equipment with bursts of cardio. Body Blitz builds confidence, leaving 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.

BOOTYFUL with Ana

A unique conditioning class in terms of moves and techniques. The first dance fitness programme that includes structured pelvic floor exercises. The concept was inspired by pelvis movements used in African, Caribbean, Latin and oriental dances.

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 HIIT with Paige

A non-stop blast. Agility, power and endurance are challenged in this class. Get another rep in before time runs out!

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 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 FLOW with Ana

A full-body workout combining exercises in the most fluid way possible, smoothly transitioning from one to the next. Ideal for all those feeling a bit stiff and would like to build up mobility and strength, develop motor control and improve balance.

GROUP CYCLING with Harriet, Lisa, Reena 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.

KETTLEBELL BLAST with John

A full body workout, Kettlebell Blast 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 Alison

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.

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

POLE FITNESS COURSES with Beth

No prior experience necessary, but be prepared to work muscles you didn't know you had. A fitness training experience like no other, our Pole Fitness courses run for 6 weeks. Whilst they are not included in the free package of group exercise sessions contact us to find out how you can get a free taster session.

PUMP BLAST with Ana, John and Harriet

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

RIGFIT CORE with John (takes place in the PT Studio)

Experience the fantastic opportunities available through the use of our amazing training Rig in the PT studio. With RigFit Core you'll increase strength, tone and muscular endurance as well as improve posture, movement quality and skill. You'll be challenged by some familiar exercises as well as some less common ones too.

RIGFIT CIRCUIT BLAST with Paige (takes place in the PT Studio)

A series of consecutive timed exercise stations utilising the training Rig in our PT Studio. Circuit training focuses on moderate to high intensity, low resistance work using a range of fun and interesting exercises. Improving not only cardiovascular fitness and muscle tone, RigFit Circuit Blast adds great variety to your workout schedule.

ROCKFIT with Jennifer

RockFit is the alternative way to workout, it's fitness to Rock and Metal music! Join Jennifer for a rocking combination of cardio, dance and toning exercises to great tunes.

YOGA with Chandra and Clare

Relax with our Yoga classes and discover peace within the body and mind. With a meditative pace, yoga allows you to unwind, distress and unload. Can help improve strength, flexibility, mobility and balance too.

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.

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.