



# SESSION DESCRIPTIONS

## **BODY BLITZ with Alison**

Classic conditioning exercises using bodyweight and 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 marches outside.

## **BOXFIT with Andy**

A boxing inspired whole-body workout. Pad and bag work combined with footwork and abdominal exercises will leave you hungry for the next bout!

## **CARDIO HIIT with John**

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

## **CIRCUIT CONDITIONING with Andy**

A mix of different exercise stations designed to challenge and develop your cardiorespiratory fitness as well as your muscular endurance. Circuit Conditioning allows you to start where you are and go to where you want to be. Use bodyweight and equipment to get results.

## **TAI CHI with Simon**

## **DANCE FIT with Alfonso**

Release your inner 'Strictly' self and get your Latin groove on 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.

## **DANCE FUSION with Paige**

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.

## **FITBALL with Paige**

Let your inner child out! A fabulously fun class using our gym/swiss balls to challenge your stability whilst you work your arms, core, glutes and thighs. Be careful, lose concentration and you'll be on the floor - laughing!

## **FITNESS FUSION with Reena**

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 disciplines 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 Lauren, Lisa, Reena or 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 CYCLE with John**

Intervals of low, medium and high intensity work in various riding positions. Not only a lower body workout, you'll be performing some upper body exercises too. A fantastic workout, especially when time is in short supply.

## **KETTLEBELL BLAST with Paige**

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.

## **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 Lauren, Reena or Paige**

A focus on all over muscular tone and endurance using body weight, barbells and dumbbells with sets based on reps, time or both.

## **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 TOTAL BODY with Reena (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.

## **STEP CONDITIONING with Paige**

Just how many exercises can you perform on a step box? Luckily you don't need to worry about that - simply follow the instructor's lead through cardio and conditioning exercises for the whole body. There'll be some you recognise but others you'll quickly learn!

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.

## **YOGA with Chandra and Clare**

Relax with our Yoga classes and allow your mind and body to relax. With a meditative pace, yoga allows you to unwind, de-stress and unload. Can help improve strength, flexibility, mobility and balance too.

## **YOGA FLOW with Vicky**

This dynamic class will take from a variety of yoga styles working on alignment, strength and flexibility. This is a flow/vinyasa class meaning you will move with the breath through each posture, creating a flowing sequence not spending too in each pose.

## **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.

