



GROUP EXERCISE

SESSION DESCRIPTIONS

BITE-SIZE BOOTCAMP with John

A shorter format of the original cardio and strength combination class. Simple, high repetition, dynamic exercises using bodyweight and external resistance are used to place a metabolic load on the exerciser. Over time this builds endurance, strength, and resilience.

BNU BOOGIE with Laura

Rhythm, memory, balance, and social connection are the focus of this fun workout. BNU Boogie is a feel-good line dancing class with a twist. You don't need prior experience or a partner, just suitable footwear which you can move around in safely.

BOXFIT with Charlotte

A boxing inspired whole-body workout using exercises associated with boxing. Pad and glove combinations and footwork combined with core and floor-based exercises will leave you hungry for the next bout.

CORE CYCLE with Charlotte

Spin, with a twist! This class combines heart pumping, calorie burning cardiovascular training in the cycling studio, with core strengthening exercises to provide a very time efficient and effective workout.

DANCE FIT with Charlotte

A blend of dance styles fused with instantly recognizable tunes into a cardio exercise workout. An exciting and fun session with absolutely no prior experience required.

F.I.T AM with Charlotte

Wake up! Turn up! Finish with a smile! An invigorating circuit style session. With each set containing a cardio machine, a weights exercise and a bodyweight exercise, F.I.T puts the 'Fun' into Functional Interval Training.

FREE 60 Charlotte and John

On the last Sunday of every month, we open our doors and to spread the love to members and non-members alike with a special 60-minute themed session co taught by 2 of our coaches. Follow us on Instagram [@bnugatewaygym](#) to learn more about each month's class.

GROUP CYCLE with Lauren, Reena, Andrew or John

Focusing on cardiorespiratory 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.

MINDFUL YOGA with Zoe

A slow meditative gentle practise to calm the mind, gently flowing the body from one pose to another and closing with meditation. Allows deep relaxation, physical and mental reflection before returning to daily life.

PILATES with Alison

Low on impact but high on results. A form of exercise that builds tone without bulk, develops flexibility, and enhances core strength.

POWER CYCLE with John

In Power Cycle, the first 20 mins will involve interval training on the spin cycles manipulating resistance, speed, or both. This will be followed by power exercises, accelerating and decelerating bodyweight and/or simple exercise equipment in the Rig or Dance Studio.

PUMP BLAST with Lauren, Reena

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

RIGFIT CIRCUITS with Charlotte

A series of consecutive timed exercise stations using our amazing training Rig in the Rig Studio. Using a whole-body approach, a range of challenging, fun, progressive exercises will improve not only muscular strength and endurance, but cardiorespiratory fitness too.

RIGFIT CORE with John

Experience the fantastic opportunities available using our amazing training Rig in the Rig Studio. Increase strength, muscular endurance and improve posture, movement quality and skill. You'll be challenged by some familiar exercises as well as some less familiar ones too.

STRENGTH with Andrew

An all over body workout focusing on fundamental movement patterns using bars and bodyweight as the main source of resistance. Push, pull, rotate and hinge your way to improved strength and tone. A great way to learn techniques which you can transfer to the gym.

STRENGTH BLAST with Andrew

Same as for Strength but in a shorter class format. Great when time is of the essence.

STEP AEROBICS with Charlotte

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. Step has been around for a long time - and for good reason.

YOGA with Zoe or Senay

Relax and refresh with our Yoga classes take time 'in the moment'. With a meditative pace and slow, flowing movements our yoga sessions allow you to unwind, de-stress and unload. Can help improve strength, flexibility, mobility, and balance.

YOGALATES with Clare or Zoe

A mixture of Pilates and yoga. Increase core strength and improve posture, whilst increasing flexibility and reducing stiffness. The Pilates exercises are aimed at strengthening the core abdominal muscles, which support the spine and help to maintain good posture.

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.

These descriptions are intended as a guide and should therefore be considered as generalisations. Session formats may vary over time and even week to week. Session instructors may change due to availability. If you have any questions, please speak with a Fitness Coach.

