

Class Descriptions

Band Blitz - An aerobic & floor exercise class, getting muscles fired up, using loop resistance bands

Body Conditioning - A low impact class for an all over bodyweight workout.

Body Weight Blitz - A calisthenics based class using body weight exercises performed with varying degrees of intensity and rhythm

Boxercise - A high intensity class, based on boxing movements.

Calenetics & Stretch - A class based on stretching and toning all over body.

Chair Conditioning - A functional class that is done using a chair to either sit or use to balance. A challenging workout for everyone that will increase your heart rate, burn calories and build strength.

Chair Zumba - Zumba style workout whilst sitting or using the chair to balance.

Circl Mobility - Unlocking the body's potential through mobility, flexibility and breath work.

Circuit - A form of body conditioning, that involves endurance training, resistance training and high intensity aerobics. Like high intensity interval training.

Core Crunch - Building your core, whilst improving posture through a variety of exercises that strengthens the abdomen and back muscles.

Dru Yoga - Is a slow, subtle and mindful practice which regulates the nervous system. Includes sequences and relaxation performed in a flowing and dynamic style.

Hatha Yoga - A branch of yoga which uses physical techniques to try to preserve and channel the vital force of energy.

Les Mills Body Balance - Body Balance aims to strengthen the core, promote flexibility and focus the mind.

Les Mills Body Combat - A high energy martial arts workout, that is totally non - contact.

Les Mills Body Pump - A barbell workout for anyone looking to get lean, toned and fit.

Legs, Bums & Tums - Shape up and burn fat as you lunge, step and squat your way to fitness.

Line Dancing - Line dancing is a choreographed dance in which a group of people dance along to a repeating sequence of steps in lines, to a fun style of country music.

Mixed Yoga - A Hatha & Vinyasa Yoga style class, with a focus on stretching and mobility. Each week has a different theme and variations are provided to suit the different levels within the class.

Pilates/Beginners - Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength.

Prehab Pilates - Promoting flexibility and strength in core areas, preventing injuries before they even happen.

Spinning - An exercise class which focuses on endurance, strength, intervals and high intensity training while on a stationary bike.

Swiss Ball - a large ball for sitting or lying on while exercising.

Zumba Gold - Is the mature sister of the fitness class Zumba, just made easier with simple to follow low impact steps.

Zumba - A full body workout based on dances such as, salsa, flamenco and hip hop.