



CLASS OVERVIEW:



Body Attack	A high energy sports inspired interval training class. Athletic moves combined with strength and stabilizing exercises will improve your fitness fast.
Body Combat	A mixed martial arts inspired, full body workout that improves cardio fitness. It's completely non contact and there are no complex moves to master.
Body Pump	A weights based class for everyone. You will use light to moderate weights and lots of repetitions to give a total body workout. You will also burn lots of calories.
Freestyle Step	Using an elevated studio step you will exercise to music. It is a fun class that will improve your leg strength and fitness.
Jump	A low impact high energy class using the mini tramps. This class will raise your heart rate by using small and controlled movements.
Les Mills Tone	Improve your cardiovascular fitness, strengthen your muscles and improve your core strength with this interval training workout.
MetaFit	A bodyweight only high intensity interval training class. You burn calories fast and boost your metabolism.
Pilates	Help produce a mobile, healthy and flexible body. Classes focus on posture, strengthening the central core and abdominal muscles.
Spinning	An indoor group cycling class where every class is a little different to the last. Challenging your fitness and leg strength every step of the way.
Yoga	A slower paced yoga class suitable for all levels and abilities. You will practice a classic approach to breathing, poses and exercises.
Zumba	An aerobic fitness programme featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.



