

CLASS DESCRIPTIONS

Dance Classes

Belly Dancing - Traditional Egyptian Dance with clothes on! A great alternative way of keeping fit and having fun for everyone.

Dance Fusion - A unique mixture of Street Dance, Aerobic and Combat, 3 classes in 1.

Line Dancing - These extremely popular instructor led choreographed dance routines are suitable for men and women of all ages.

Salsa Dancing - Salsa mixes African and European dance influences through music and dance infusions, it is sexy and sensuous and is a fantastic way to dance yourself fit.

Salsacise - Get ready to wiggle those hips with these sexy sassy salsa moves! Fantastic fun guaranteed to get you moving!

Tap Dancing - A fun lively way to dance and exercise. Every month we change the routine.

Zumba - This is the latest dance fitness craze using merengue, Cumbia, Salsa, Samba and Reggaeton music and dance moves. It is set to get your heart pumping and your feet tapping.

Zumbacise - A more gentle approach to the traditional Zumba session

Calorie Burners

20/20/20 - If you get bored doing one thing for too long this class is for you! 20 minutes aerobics, 20 minutes conditioning and 20 minutes abs and stretch will keep you interested!

Aerobics - A low or high impact class for those who enjoy less choreography and great music!

BodyAttack™ - is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals – from the weekend athlete to the hard-core competitor!

Boot Camp - Warning! This session is for people who are serious about getting fit! Designed for men and women of all shapes, sizes and fitness levels.

Cycle Pump - The ultimate way to get fit and lose weight! 25 minutes cycling, 25 minutes toning with weights

Kick Box Cardio Blast - Dynamic class that is guaranteed to get your heart pumping! Suitable for both men and women.

Outbox - Outbox has been specifically developed for the Fitness Industry, you will learn boxing skills from basic punches and combinations to self defence, footwork and skipping

Studio Cycling - This is a high energy, calorie burning cardiovascular Indoor cycling workout that is set to vibrant music - phew!

Vibe - New indoor cycling concept to hit the UK. This class is for all lovers of Music, Rhythm and indoor cycling – Get fit to the beat!

Toning Classes

Body Sculpt - This class uses adjustable barbells and weight to tone, strengthen and condition the whole body.

Body Tone - All over toning using weights, stretchy bands, and your own body weight, all problem areas tackled to make you look gorgeous!

Fab Abs, Core and Stretch - Tone those waistlines with a workout focusing on the abdominal and dorsal muscles. Strong abs and core muscles not only look good but they protect your back for developing problems. Specific stretches for the back and neck will help to relax muscles and distress before you go home.

Legs Bums Tums - An all time favourite A great conditioning class that will help you to achieve those lustful legs and bums that you've always wanted!

Zumba Tone - A toning class incorporating popular Zumba moves and weighted sticks

Specialised Classes

BOKWA - Latest fitness craze from the USA! It's exhilarating, Energetic and Exciting! Uses American Hand Sign Language and BOKWA Hand Signs so it is also great for those who are hearing impaired.

Cardiac Rehabilitation Circuit - Specifically designed for heart patients. By referral from the hospital or GP only.

MS Rehabilitation - Specifically designed for Multiple Sclerosis patients. By referral only.

Stroke Rehabilitation - Specifically designed for Stroke patients. By Referral only.

Hatha Yoga - This is the most popular system of yoga, it achieves balance between body and mind through physical poses, breathing techniques and meditation.

L50 - These classes are specifically designed to help keep adults who are young at heart in tip top shape.

Mature Movers - This class is ideal for seniors who want to step up the pace a little, activity will change week to week.

Pilates - The original authentic mat-work exercise that gives you long lean toned muscles, better posture, a healthy back, perfect body shape and a calm mind.

Childrens Classes ★

Handball - This session is suitable for all kids who want to play this great sport, a combination of Basketball, Football and Netball.

Cheerleading - A fun way for kids to enjoy physical activity.

Fun Time! - Each week the fun changes from Rounders, Games, Dance and much more!

Childrens Self Defence - This sessions encourages kids to become physically active and also to learn the art of self - protection.



workout
class
timetable

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