

Our great range of fitness classes for all abilities and fitness goals. Age 16+.

### Ab Attack

A quick fire workout that attacks your upper and outer ab layers, improving your core strength.

### Ab Blast

An intense abdominal workout aimed at developing core muscles through a range of mat-based exercises.

### Adaptive Yoga

A gentle yoga class with adaptations for those with conditions or those who struggle to get into the basic yoga poses.

### Advanced Strength and Balance

A follow-on from our 'Strength & Balance' class with more emphasis on getting up and down off the floor safely.

### Aqua Fit

A high energy and fun aerobic class in the pool. Suitable for all ages and levels of ability. Deep and shallow classes.

### Aqua Zumba

Combines Zumba rhythm and dance steps with a pool party. A fun but challenging body-toning workout.

### Barre

Inspired by elements of ballet, yoga and pilates, this class is designed to be a full body, muscle endurance workout.

### Beginners Pilates

This class is perfect for beginners to Pilates and those who are recovering after surgery or post cancer treatment.

### Beginners Weight Loss

This exercise class will support you on your weight loss journey and getting back to a healthier you.

### Beginners Yoga

Introduction to yoga - practise a series of poses, creating balance in the body to develop strength, flexibility and tone.

### BodyAttack\*

Combines athletic moves like running, lunging and jumping with strength exercises such as push-ups and squats.

### BodyBalance\*

A yoga-based class that also embraces elements of Tai Chi and Pilates. Aims to improve your mind and your body.

### Body Blast

Combines aerobic, floor work and resistance exercises to create a fun and challenging full body toning workout.

### BodyCombat\*

Total body non-contact martial arts workout that is designed to give you maximum calorie burn.

### BodyPump\*

The original barbell class! This is the ideal workout for anyone looking to get lean, tone and fit - fast.

### Bootcamp

A circuit-based workout that will keep you on your toes with bursts of intense activity and intervals of lighter activity.

### Boxercise

Circuit training which incorporates elements of boxing. This class is stress busting and highly addictive!

### Cancer Rehabilitation Gym Session

This instructor-led gym session will help support recovery and improve fitness after cancer treatment.

### Cardiac Rehabilitation

Exercises that focus on breathing techniques and gentle movements after a cardiac or pulmonary condition.

### Cardio Circuits

Circuit sessions designed to help improve cardiovascular health. Tailored to individual needs as you build up fitness.

### Chair Based Exercise

Lead a more active lifestyle with our gentle health and wellbeing exercise sessions for older adults.

### Chair Based Pilates

All the benefits of mat based Pilates, but chair based for people who have reduced mobility.

### Circuits

If you're looking for a high intensity workout that will help tone your body and shed fat, circuits is for you!

### Core\* and Core Conditioning

Build strength, stability and endurance in the muscles that support your core, improve balance and prevent injury.

### FitSteps

This is an energetic and upbeat dance class that features moves from your favourite Strictly dances.

### Gentle Yoga

A gentle hatha yoga class, which is also suitable for those looking for mental health support.

### Grit Athletic\*

Uses a step, body weight and multi-dimensional sports conditioning training to increase your athletic performance.

### Grit Cardio\*

Uses a variety of body weight exercises to improve cardiovascular fitness, increase speed and maximise calorie burn.

### Grit Strength\*

Uses barbell, weight plate and body weight exercises to improve strength and build lean muscle.

### Hatha Yoga

Practise a series of poses to develop strength, flexibility and tone, while focusing on relaxation and mindfulness.

### Health & Wellbeing Gym Session

A session that makes the most of the quiet times in the gym and aims to help you build confidence in a gym environment.

### Heart Failure Rehabilitation

Specific exercises to improve quality of life for those living with heart failure, a heart condition or valve replacement.

### Heavy HIIT

High intensity interval class with weights. A cardio workout designed to help you build muscle and burn fat.

**If you book a fitness class and are unable to attend, please make sure you cancel the booking so that the space can be made available to somebody else. Failure to cancel a class booking may result in a 7 day booking ban.**

## CLASS DESCRIPTIONS

### HIIT Steps

A high octane, fat burning, intense workout using only your body weight and a step to push you to new limits.

### Junior Gym Session

Instructor-led sessions for juniors age 11-15 in the gym. Good for getting to grips with equipment on the gym floor.

### Kids Karate

Karate sessions for juniors. Check the fitness timetable for specific age ranges for each class.

### Kids Zumba

Perfect for young Zumba fans, specifically aged 5-9. Features routines based on Zumba choreography.

### Meta Circuits

A style of HIIT training designed to get results by increasing your metabolic rate and burning fat.

### Pilates

Focused on improving posture, flexibility and core muscle strength. Great for relieving pain, tension and stress.

### Sh'Bam\*

A fun loving, insanely addictive dance workout set to a party playlist. No dance experience required.

### Sprint\*

A short, intense workout on an indoor bike that pushes your physical and mental limits and returns rapid results.

### Step

An aerobic class using a step platform that can be raised or lowered to match your ability.

### Strength and Balance

Classes designed to help improve strength and balance in older adults, which will help reduce falls in the future.

### Stretch and Relax

This class involves holding poses for several minutes to help stretch your body while also calming the nervous system.

### Stretch and Tone

A low impact, low intensity workout to tone your muscles, increase your flexibility and relieve stress.

### Stroke Rehabilitation

Sessions designed to support recovery and re-learning movements in a supportive environment.

### Strong Nation

Combines body weight, muscle conditioning, cardio and plyometric training moves synced to music.

### Studio Cycling

A high-intensity exercise on a stationary bike. It combines cardio and endurance in a 45-minute calorie-crunching session!

### Thighs Bums Tums

A full body aerobic workout that is great for those who want to lose weight or simply improve their fitness levels.

### Total Body Conditioning

Combines cardio and resistance exercises to an energetic beat to workout your whole body.

### Total Body Tone

A full body workout involving muscular strength and endurance to help shape and tone your muscles.

### Weight Loss and Hypertension

Sessions to help reduce body fat whilst building and preserving muscle mass and lower health risks.

### XCube

An all body circuit using the rig and gym equipment in the multi-functional training area of the gym.

### Yoga

Practise a series of poses, creating balance in the body to develop strength, flexibility and tone.

### Yoga Stretch

A combination of breath control and posture, which will increase your balance, strength and flexibility.

### Young at Heart Cycle

For active older adults who are looking for a lower intensity version of Studio Cycling and a great cardio workout.

### Young at Heart Body Conditioning

Low impact and lower intensity but no less of a workout. Great if you want to improve your fitness and flexibility.

### Zumba

A fitness program that combines Latin and international music with dance moves, alternating fast and slow rhythms.

### Zumba Gold

Active older adults who are looking for a modified Zumba class that recreates the original moves at a lower intensity.