

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.

Aquanatal

An aqua class suitable for pregnancy, which will help maintain fitness without putting pressure on the back and joints.

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 Bootcamp

Circuit class aimed at beginners who are looking to get active and get the full body working.

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.

Cardio Pilates for Menopause

Focuses on bone density, core strength and flexibility to support women going through menopause and perimenopause.

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.

Chair Based Yoga

A chair-based Hatha yoga class for those that have trouble with balance and getting down to the floor.

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.

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

Health & Wellbeing Gym Session
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.

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.

Pre-Op Exercise
Strengthen joints and increase fitness to help prepare the body for an operation and help shorten the recovery time.

Refit Strength and Balance
A functional circuit that takes Strength and Balance exercises to the next level and slows the progress of Osteoporosis.

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

Simply Active
Classes designed to improve cardiovascular fitness and strength, and to simply get everyone up and active.

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 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!

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

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

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.

* = Les Mills class

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