

Class Descriptions

Insanity	High Intensity exercises in short bursts with very short rest intervals. Based on the infamous exercise DVD!
Spin	Indoor cycling set to music. Pedal through hill climbs, sprints, intervals, jumps and many other challenging drills.
Interval Training	High-energy interval training class combining athletic aerobic movements in short bursts.
Zumba	A fun dance aerobics class with a combination of fast and slow Latin rhythms that tone and sculpt the body.
Water Workout	Aqua aerobics in the swimming pool featuring aqua steps, woggles and aqua dumbbells.
40+ Fitness	Low-impact exercises aimed at the more mature. Includes stretching, mobility work and light resistance training with resistance bands.
Pilates	Matt based exercises to build core strength, muscle tone and improve posture.
Latin Dance	A combination of Latin American dancing including steps from Salsa, Rhumba, Samba and Cha-Cha.
Yoga	A class based on physical postures, really helping to improve flexibility, toning, balance and body awareness.
Body Tone	A full body conditioning and strength workout featuring improving functional strength and body tone.
Kettlebells	A class consisting of whole-body movement exercises using kettle shaped dumbbells with handles, delivering cardio, strength, and flexibility benefits.
Bootcamp	An intense, fast paced class, featuring short bursts of both cardio and resistance exercises.
Circuits	Total body workout as you work your way from station to station around the circuit of cardiovascular and resistance exercises.
Stretch and Core	A series of matt based stretches to improve your flexibility and then some abdominal and lower back exercises to improve core strength and toning.
Members' Badminton	All 4 courts are set up for friendly round robin doubles games for members. Come along and meet other badminton players.
Members' Football	5 a side football for members of all abilities.