



GROUP EXERCISE

SESSION DESCRIPTIONS

BANDS & BELLS with Reena

Get to grips with TRX™ suspension straps, elastic resistance bands and Kettlebells in this conditioning class using some familiar and some less familiar exercises to challenge you.

BODY CONDITIONING with Natasha

A focus on all over muscular tone and endurance with conditioning exercises for the whole body. Simple movements and many recognisable exercises, with fun movement to music - just your body and the floor!

BOOT CAMP with John

The original cardio and strength combination class. Combining functional bodyweight and equipment-based exercises Boot Camp is about getting the work done and sharing the load with others. If the weather is good Boot Camp marches outside.

BOXFIT with Paige

A boxing inspired whole-body workout using exercises associated with boxing. Pad and glove combinations and footwork combined with core and floor-based exercises will leave you hungry for the next bout.

CARDIO CALISTHENICS with Alison

Classic conditioning exercises using bodyweight with bursts of cardio. Cardio Calisthenics tones, conditions and improves cardiovascular fitness leaving you feeling fantastic throughout.

CORE CONDITIONING with Paige

Much more than just the abs, this class challenges everything between the shoulders and the hips, front and back, to help with postural control, tone and effective movement. Use bodyweight and equipment to get results.

GROUP CYCLE with Lauren, Reena, Andrew or John

Focusing on cardiorespiratory fitness, hills, intervals and flat roads challenge riders to dig in, keep pedalling and stay the course. Cycle through breath-taking scenery when you attend one of our MyRide+ 'cycling cinema' sessions with real-to-life video spurring you on.

KETTLEBELL BLAST with Paige

A full body workout, Kettlebell Blast focuses on compound movements targeting multiple muscle groups with each exercise. Improves muscular strength and endurance using bodyweight and kettlebells.

LEGS BUMS & TUMS with Senay

Full body aerobic workout to tone up tummy, thighs and backside. Great for anyone wants to burn calories and improve fitness levels.

PILATES with Alison

Low on impact but high on results. A form of exercise that builds tone without bulk, develops flexibility and enhances core strength.

PUMP BLAST with Lauren or Natasha

A focus on all over muscular tone and endurance using body weight, barbells and dumbbells with sets based on reps, time or both.

RIGFIT CORE with John

Experience the fantastic opportunities available using our amazing training Rig in the PT studio. Increase strength, muscular endurance and improve posture, movement quality and skill. You'll be challenged by some familiar exercises as well as some less familiar ones too.

RIGFIT TOTAL BODY with Reena

A series of consecutive timed exercise stations using our amazing training Rig in PT Studio. Using a whole-body approach, a range of challenging and fun progressive exercises will improve not only muscular strength and endurance, but cardiorespiratory fitness too.

STRENGTH with Andrew

An all over body workout focusing on fundamental movement patterns using bars and bodyweight as the main source of resistance. Push, pull, rotate and hinge your way to increase strength and tone. A great way to learn techniques which you can transfer to the gym.

STEP CONDITIONING with Paige

Just how many exercises can you perform on a step box? Luckily you don't need to worry about that - simply follow the instructor's lead through cardio and conditioning exercises for the whole body. Step has been around for a long time - and for good reason.

YOGA with Zoe and Senay

Relax and refresh with our Yoga classes take time 'in the moment'. With a meditative pace and slow, flowing movements our yoga sessions allow you to unwind, de-stress and unload. Can help improve strength, flexibility, mobility and balance.

YOGALATES with Senay

A mixture of Pilates and yoga. Increase core strength and improve posture, whilst increasing flexibility and reducing stiffness. The Pilates exercises are aimed at strengthening the core abdominal muscles, which support the spine and help to maintain good posture.

YOGA FLOW with Vicky

This dynamic class will take from a variety of yoga styles working on alignment, strength and flexibility. This is a flow/vinyasa class meaning you will move with the breath through each posture, creating a flowing sequence not spending too long in each pose.

YOGA TECHNIQUE with Zoe

This class is focussed on developing good yoga technique at a gentle pace. Ideal for beginners, those wishing to develop their technique and people returning to exercise after an injury/illness.

ZUMBA with Jennifer

Incorporating Latin and international music and dance moves and alternating between fast and slow rhythms, Zumba provides a great cardio workout. Zumba also seamlessly blends fitness with fun! Everybody has an inner Shakira – let it loose with our Zumba sessions.

These descriptions are intended as a guide and should therefore be considered as generalisations. Session formats may vary over time and even week to week. Session instructors may change due to availability. If you have any questions, please speak with a Fitness Coach.

