



GROUP EXERCISE

SESSION DESCRIPTIONS

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 Charlotte

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.

CARDIO HIIT with Natasha

Using a mix of cardio and functional resistance exercises in quick succession, this class packs a mighty punch – challenge yourself to get another rep in, you'll see improvements in no time at all!

CORE CYCLE with Charlotte

Spin, with a twist! This class combines heart pumping, calorie burning cardiovascular training in the cycling studio, with core strengthening exercises to provide a really time efficient and effective workout.

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 CIRCUIT BLAST with Andrew

Swing, press, pull and lift in this full body workout, Kettlebell Circuit 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 Reena

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

RIGFIT BANDS & BARS with Andrew

Get to grips with TRX™ suspension bands and power bands as well as our Olympic bars. Use the capabilities of our amazing training Rig in the Rig Studio to complete some fantastic and inventive exercises targeting the limbs and the core.

RIGFIT CIRCUITS with Charlotte

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

RIGFIT CORE with John

Experience the fantastic opportunities available using our amazing training Rig in the Rig 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.

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 improved strength and tone. A great way to learn techniques which you can transfer to the gym.

STEP CONDITIONING with Charlotte

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 or 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 Yani or Zoe

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.

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.

