

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 7-11. 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.

## Re-Ffit 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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