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| **Aerobics Dance Light:** A fun low impact aerobics class, working out to a continual beat, rather than individual tracks. Can help to decrease risks of high blood pressure, osteoporosis, type 2 diabetes and more. Enjoy the music and just dance. |  | **Barre:** Taking movements from a ballet class and incorporating them into an exercise class. This class will make you feel light on your feet, taller and longer. Strengthening your hips, glutes, thighs, and core and gain a longer, lean physique. |  | **Fitness Yoga:** An exercise class that mixes yoga poses and flow to improve muscle tone, balance and strength. Improves mental determination, flexibility and posture, and increases physical and mental relaxation. |  | **HIIT Step:** A new and innovative HIIT exercise class using only bodyweight and a step. Using the principles of High Intensity Interval Training, this class is choreographed to bespoke soundtracks. |  | **Pilates**: Slow strong movements improve flexibility, build strength and develop control. Achieve a strong core and improve coordination and balance. |  | **Wake Up Yoga:** A vinyasa style class, energising and creative, synchronising the breath with movement. The breath is given primacy, acting as an anchor as you move from one pose to the next. |
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| **Abs Attack:** This session will strengthen your abdominals and thoroughly work your whole core! |  | **Body Conditioning:** Works major and minor muscle groups to tone and carve out a sleek physique. |  | **Fit to the Core:** A low impact class suitable for those wishing to build up their core stability or rehabilitating from an injury. |  | **Interval Training:** All over strength and toning circuits combined with high energy cardio and abs routines, to kick start your metabolism and burn calories. |  | **Step Aerobics:** Stepping up to an elevated studio step with easy-to-follow dance routines. Tones and conditions the lower body. |  | **Walking Netball:** A slowed down version of the game of netball, designed for anyone looking to exercise in a relaxed and supportive environment. |
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| **Active Wellbeing Fitness**: A gentle and fun class that includes a variety of circuit-based and balancing exercises, and aerobics. Class type may vary.  |  | **Cardio Dance Light:** Dance routines with elements of Latin, rock and roll and jive. Low impact, perfect for older adults and beginners. |  | **Glorious Glutes:** Strong glutes are critical for jumping, running and moving laterally. Tone and sculpt your derriere using resistance exercises. |  | **Kettlebells:** Get to grips with kettlebells and master their weight and technique. Build long lean muscles, improve strength and power, elevate your heart rate and burn calories. |  | **Stretch:** Good stretch technique is an important part of any fitness regime. Increase your range of movement, improve alignment, and relive muscular tension. |  | **Yoga:** Balance mind and body through physical postures, breath control, relaxation and meditation. |
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| **Aqua Fit**: Lively water-based class delivering high impact fitness with low impact moves.  |  | **Circuit Training:** Challenging mix of cardiovascular and resistance exercises, to give a great full body workout. |  | **Group Cycling:** Fast paced and fun workout with pumping music. Tones and burn calories with specially designed exercise bikes. |  | **Legs, Bums & Tums:** Strengthen and tone those bits we love to hate. Squat, lunge and crunch your way to a strong, defined lower body. |  | **Tabata Pilates:** Fitness Pilates movements with Tabata High Intensity Interval Training timings - 20 seconds work, 10 seconds rest through 4 minutes. |  | **Yoga for You:** This class is for everybody to unite in the joy of yoga, from adults to children aged 11 and upwards. De-stress from work or studies & focus on the practice of physical exercise, breath control, relaxation, positive thinking and meditation - aimed at developing harmony in body, mind and environment. |
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| **Baby and Me:** Ease your way back into exercise after the birth of your baby. Work at your own pace to safely tone, trim and get back into shape. Focus on feeling good about yourself & your body and have fun with your new baby.*\* Six-week check from your GP required before starting.* |  | **Dance Fit:** A feel good, high energy class incorporating aerobics style moves into a dance routine, set to high energy music. |  | **HardCORE:** A great class to work your core. This session works your abs, back, hips and glutes, keeping you strong and lean. A mixture of floor standing exercises incorporating balance and focusing on good posture. |  | **Parent and Baby Yoga:** Start back gently with baby and parent yoga. Take time to connect with your child whilst working on toning, opening chest and shoulders and meet other new parents.  |  | **Tabata Yoga:** Yoga flow movements with Tabata High Intensity Interval Training timings - 20 seconds work, 10 seconds rest through 4 minutes. |  | **Zumba:** High energy dance-based class using elements of salsa, Latin, samba and tango steps. |