



WORK, STRETCH AND PLAY

CLASS DESCRIPTIONS

CARDIOVASCULAR CLASSES

AQUA

Based in the pool, Aqua works the entire body using the water as resistance. Aqua workouts include moves such as jumping jacks, tuck jumps, walking and running backwards and forwards and moves can be modified or progressed to suit the individual. Workouts also commonly feature woggles, aqua mitts and aqua dumbbells which are used to aid resistance.

BODY ATTACK



Body Attack is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises with 2 peaks. Dynamic instructors and powerful music motivate everyone towards their fitness goals from the weekend athlete to the hard-core competitor.

BODY COMBAT



Body Combat is the empowering cardio workout where you can totally unleash. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boding, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.

BODY JAM



A mixture of dance and aerobics moves blended with the latest sounds of hip hop, funk, and Latin American music. It can be considered as a cardio workout. Apart from making you sweat, fun is another important element in the 1-hour class.

BOXERCISE

Providing an entire body workout based on the skills and techniques used in the boxing ring. There is no body contact so do not be alarmed, instead you will train with a variety of boxing moves and techniques that provide a calorie burning workout suitable for all abilities.

CARDIO CIRCUITS

A class that will burn major calories! Cardio circuits is designed to increase your fitness and endurance, covering exercises that will also improve your core and general strength.

DEEP AQUA

Deep Aqua is the same as traditional Aqua, however this is taken to the next level where in parts of the class the floor is removed to challenge the body! You must be a confident swimmer to be able to participate.

HIIT CLASS (HIGH INTENSITY INTERVAL TRAINING)

A total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and increase your cardiovascular fitness.



The most heart pumping, muscle shredding, sweat dripping, high intensity cardio workout you will ever do!

KEISER INDOOR CYCLING

This continues to be one of the hottest trends in the fitness industry. Enlivened by athletic racing, interval training and visualization, Keiser Indoor Cycling programming is the future of fitness. Your Keiser Indoor Cycling program is constantly evolving from beginner to expert. This diversity in your workout develops ultimate fitness without over-training.

CARDIOVASCULAR CLASSES



My Ride delivers a sensational Indoor Cycling video experience. The classes are virtually instructed providing users with a flexible and engaging approach to experiencing Indoor Cycling. Classes are offered at three levels; beginners, intermediate and advanced. Beginner classes include a demonstration of how to set up your bike and an introduction to cycling.



FITNESS SESSION – High intensity swimming work out. For those who like a challenge and are sick of counting tiles as they swim. Must be a strong confident swimmer in all strokes. Every session will consist of different drills and land activities resulting in a mile swim (x 64 lengths) every session.

TECHNIQUE SESSION – Medium intensity swimming work out. For those who need that polishing up on their strokes and corrections. Must be able to swim 100m (4 lengths) Frontcrawl. The session will consist of technical drills and activities resulting in a mile swim every session.



Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness programme that will blow you away! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

NEW



Want to bring a night out to your workout? Clubbercise® is a fun dance workout to club anthems from 90's classics, using glowsticks to add to the atmosphere. Clubbercise fitness classes are great for beginners and fitness fans alike. One class burns around 600 calories.

NEW



Fight your way fit with Freestyle kickboxing. Featuring a mix of different kickboxing styles, and different martial arts body weight exercises from Kung Fu, Capoeira, Brazilian Jujitsu and Karate that will provide a fun, yet challenging full body workout! No matter what your level of fitness ability, all are welcome whether you never tried martial arts, or you already have many years of training behind you.

NEW



30 minutes of high intensity interval training with a variety of boxing and body weight exercises. This class will have you leaving feeling fabulous!

NEW



New to the Edge, 30 min Gym Floor Classes incorporating strength, cardio and interval training to work you to the max in just 30 mins! Designed to fit naturally around your work day with classes running early mornings, lunchtime and early evenings.

RESISTANCE CLASSES

BODY PUMP



Body Pump is the original barbell class that strengthens your entire body. It challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

BODY WEIGHT CONDITIONING

If you are tired of an untoned body and want to get some gorgeous glutes, amazing abs, perfect pecs and tight triceps, then Body Weight Conditioning is for you! This class has you using your own body weight as resistance to get your body toned and shapely. This class is a challenge to anyone from total beginners to already trained athletes as it will compliment any training regime.

BOOTCAMP

Bootcamp classes mix traditional aerobic and body weight exercises with interval and strength training. They are designed to resemble a military boot camp to ensure the participants get the most out of their training.

BUMS LEGS AND TUMS (BLT)

A conditioning class focusing on those problematic areas of legs, glutes and abdominals.

CIRCUIT TRAINING

A class with multiple exercise stations focusing on specific muscle areas and components of fitness to give you an all over calorie busting workout.

P90X LIVE POWER 90 EXTREME

P90X is a group-focused total-body strength and cardio class that incorporates proven principles from personal training and functional strength coaching. Challenging, fun and really works!

NEW

PRIMAL FITNESS

A challenging body weight workout, emphasizing multi-planar, fluid movement through a combination of quadrupedal, ground based movements, calisthenics and contemporary dance

NEW

CIRCUIT CONDITIONING

Circuit Conditioning is a full body training session designed to get you lean, toned and strong. The classes build on the fundamentals of strength, cardio, interval and core training to create workouts that continually challenge your body and maximise your results.

WELLBEING CLASSES

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| ASHTANGA YOGA | Ashtanga is a physical form of yoga which synchronizes breath and movement through a precise sequence of postures called primary series. The intention of the practice is to cleanse, stretch and strengthen the body, as well as focus and calm the mind. |
| DYNAMIC YOGA | Dynamic Yoga is a movement based yoga practice that encourages a flow between breathing and posture. The class moves at a steady pace towards a rewarding relaxation at the end. |
| FAB ABS | A session which effectively isolates the abdominal and core region. |
| FITBALL | Fitball is a unique workout, using the big bouncy ball that offers toning, strength building and stability exercises that cannot be found with any other workout. Have a good time while moving to music, improving your balance, co-ordination and cardiovascular development. |
| GORGEOUS GLUTES | A class to develop and tone your glutes whilst improving posture, lumbar strength and aiding your general balance. |
| HATHA YOGA | Hatha is a general category that includes most yoga styles. It is an old system that includes the practice of asanas (yoga postures) and pranayama (yoga breathing exercises), which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation. |
| IYENGAR YOGA | Focuses upon the correct body alignments to harmonise with our development, eliminating aches and pains and improving posture. The asana positions are held for considerable lengths of time to let the effects of the poses deepen within the individual. |
| PILATES | This class focuses on slow, controlled methods to tone the body, targeting the deep postural muscles, strengthening from within to improve posture and general wellbeing. |
| PIYO | Piyo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined. |
| VINYASA YOGA | Vinyasa means 'breath-synchronized movement' and Vinyasa yoga is a series of poses that will move you through the power of inhaling and exhaling. Vinyasa movements are smoothly flowing and almost dance-like, which explains why it is sometimes referred to as Vinyasa Flow or just Flow. |
| FITNESS YOGA | Fitness Yoga teaches yoga postures from a fitness perspective, with emphasis on flexibility, core stability and balance. |

WELLBEING CLASSES

ZION CIRCLE KUNG FU & FITNESS

Teaching all elements of Shaolin Kung Fu & Internal Kung Fu. A combination of Self Protection for Women & Men, Health & Energy Arts, Traditional Kung Fu Fitness strategies, advanced fighting.

YOGA NIDRA

Yoga Nidra is a method of inducing complete physical, mental and emotional relaxation. The term yoga nidra is derived from two Sanskrit words, yoga meaning union or one-pointed awareness, and nidra, translating to sleep, a conscious sleep.

NEW

BALLET FIT

Ballet Fit is a fitness training programme based on ballet moves but performed at a very basic level and in a fitness style. The exercises are suitable for all levels & abilities, you do not need an experience of Ballet to have a go.

NEW

BARRE PILATES METHOD

The Barre Pilates Method mixes Pilates, Ballet & body conditioning for a whole body workout. This is a low impact class but that doesn't mean you won't sweat! This class aims to tone and define those muscles.

NEW

PILATES ON THE BALL

Pilates on the Ball is an effective training workout as it promotes core stabilisation by challenging stability on an unstable surface. The class uses familiar Pilates moves but adds variety to your training regime.

