

## Group Exercise Session Descriptions

**Aerobics:** A classic that combines rhythmic aerobic exercise with stretching and strength training routines with the goal of improving all elements of fitness. Leg warmers and sweatbands optional...

**Aquafit:** A great exercise class working out to music in the water. Suitable for non swimmers, pre/post natal and those with joint problems or injuries.

**Bodybalance:** Les Mills class. A blend of Yoga, Tai Chi and Pilates that builds flexibility and strength and incorporates a carefully structured series of stretches, moves and poses to music.

**Body Conditioning:** Low impact exercise class. Easy to follow moves using small studio weights, resistance bands or body weight to strengthen and tone.

**Bodypump:** Les Mills Class. A total body workout with a barbell. Strengthens all major muscle groups using squats, presses, lifts and curls.

**Bootcamp:** An early wake up call. Might be indoors, might be outdoors. Improve fitness, build muscle and learn new skills, all with a smile.

**Boxfit:** A fun high energy entire body workout based on the principles of boxing training. Incorporating skipping, abdominal workouts, boxing drills including footwork and solid pad work. A great way to blow off some steam.

**Circuits:** A combination of high-intensity cardiovascular exercises and resistance training designed to be easy to follow, target fat loss, build muscle and develop fitness.

**Core Stability:** An exercise class which specifically targets the abdominal wall, the pelvis, the lower back and the diaphragm using equipment such as resistance bands and stability balls.

**Kidsfit:** Get fit, stay in shape, improve swimming stamina or stroke efficiency with the guidance of our experienced coach. For swimmers able to swim 200 metres minimum with good technique.

**Pilates:** Ideal for improving balance, posture and core strength whilst incorporating stretching and toning.

**Running Club:** This small friendly club will help you to develop your run fitness whatever level. Whether training for an event or just looking for a social jog, this session caters for all goals and abilities.

**Spin:** An exercise class on a stationary bicycle focusing on endurance, strength, intervals, high intensity and recovery. With a mixture of experienced instructors taking the classes each one is challenging and unique.

**Stretch:** Group exercise class to aid recovery and development. A perfect addition to any training plan.

**SUF Cycle:** The most exciting virtual cycling platform, developed by coaches at the highest level combined with exclusive world tour footage this provides workouts suitable for all levels.

**Yoga:** Exercise and relaxation using postures and breathing methods designed to have a beneficial effect on flexibility, strength and wellbeing.

**Zumba:** Aerobic dance program with Latin rhythms and easy-to-follow moves. A fun and vibrant class.

**20/20/20:** The name says it all. 20 minutes of low impact aerobics, 20 minutes of body strengthening and 20 minutes of abdominal work and stretching.

