

# Group Exercise 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 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.

**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/Resistance:** An exercise class which specifically targets the abdominal wall, the pelvis, the lower back and the diaphragm.

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

**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.

**Step and Tone:** Aerobic based workout using steps and focusing on toning muscles. Bring your coordination for this one.

**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:** A mixture of low impact aerobics, body strengthening, abdominal work and stretching.

