



LEISURE CLUB

# CLASS DESCRIPTIONS



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latest  
Studio  
Timetable

<b>AEROBICS</b>  Get your heart pumping to the beat of energetic music in this high-energy exercise class. Burn off body fat, improve strength and shape and tone your body while having a blast!	<b>AQUA AEROBICS &amp; CIRCUITS</b>  A combination of aqua aerobics and a circuit class using aqua weights, woggles and the resistance of the water to tone and strengthen the whole body.	<b>AQUA AEROBICS</b>  Dive into a non-weight bearing aerobic workout suitable for all fitness levels. Use the water and equipment for resistance, toning, cardiovascular fitness, core, balance and of course, fun!	<b>BARBELL CLUB</b>  Barbell club is small group training with a focus on learning and perfecting basic barbell moves. Suitable for both beginners and those with lifting experience. You will be guided through correct technique and movement skills helping prevent injury and increase your strength levels. Lift like a champ!	<b>BODYBALANCE™</b>  This class by Les Mills is a yoga-based fitness class that blends elements of yoga, Tai Chi, and Pilates to improve flexibility, core strength, and balance. The class guides you through mindful movement, controlled breathing, and relaxation, leaving you feeling centered and refreshed. Suitable for all fitness levels.	<b>BODYCOMBAT™</b>  A high-energy martial arts-inspired workout that is totally non-contact. Punch & kick your way to fitness & burn up to 740 calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira & Kung Fu. Release stress, have a blast & feel like a champ. Bring your best fighter attitude.	<b>BODYPUMP™</b>  Get lean, build strength & tone muscle in this group-based barbell class that works all your major muscle groups. Using light to moderate weights with lots of repetition, it gives you a total body workout. You'll leave the class feeling challenged, motivated & ready to come back for more. What's stopping you?
<b>BODYPUMP HEAVY™</b>  Take your training up a notch with BODYPUMP HEAVY – slower tempo, heavier weights, and pure strength focus. This workout targets fewer moves with maximum power to build real muscle and confidence. You'll leave feeling stronger than ever and ready for your next lift.	<b>BOXFIT</b>  Boxfit is the perfect balance between cardio and resistance training. Punching those pads will test your upper body strength and endurance, improve your coordination and reaction times and 100% will combat stress. Let's throw some punches!	<b>CIRCUITS</b>  Circuits involves working through a set of exercises for a number of rounds. Full body conditioning for all abilities, with the option to scale up or down. Can be used as a great introduction to group exercise as you're welcome to join just for one round or stay for the full class.	<b>CLUBBERCISE</b>  You'll work up a sweat in a darkened room with disco lights exercising to a soundtrack of club anthems from 90's classics to the latest chart hits. A mix of dance, toning and combat, they are easy-to-follow and always have high or low impact options to suit all fitness levels. You'll use a pair of our trademark flashing LED glow sticks throughout.	<b>FITBALL CORE WORKOUT</b>  A strength & stability class that will improve your posture, core stability and overall strength. Working with the instability of the swiss ball leads to improvement in movement, extra muscle recruitment and a strong midsection. Suitable for all levels with many options of intensity and progression.	<b>GENTLE YOGA &amp; PILATES</b>  A combination class harnessing the physical and mental benefits of both Yoga and Pilates practices. It's advocates describe it as a comprehensive exercise system.	<b>HIIT STRENGTH / HIIT CIRCUITS / HIIT</b>  High Intensity Interval Training involves periods of high intensity exercise followed by periods of rest or active recovery. Maximise your results by utilising this type of training to keep you on the right track to hitting your fitness goals.
<b>KETTLEBELLS</b>  The single most effective kettlebell fat burning workout, designed to shape & sculpt your body using lightweight kettlebells with a combination of 37 different exercises that last one minute each. It is a stimulating, invigorating, safe & easy to follow, kettlebell inspired, calorie blitzing, fat blasting program with lightning quick results.	<b>LEGS, BUMS AND TUMS</b>  Tone muscle and improve the shape of your body through effective exercises specific for the legs and core. Using a variety of equipment such as resistance bands, a step and weights.	<b>MET CON</b>  "METCON" or Metabolic Conditioning is a training style that uses short bouts of higher-intensity training designed to increase metabolic demand and increase energy usage. Using a combination of bodyweight exercises and equipment to take your fitness to the next level.	<b>PILATES</b>  The Pilates movements stretch the muscles & pull them into a longer & leaner shape - fantastic for core, posture, flexibility & super abs! Suitable for all, including those with back issues.	<b>RPM / RPM : 30™</b>  A LES MILLS cycling workout where you control the intensity. It's a fun, low impact workout. Your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you reach your cardio peak then ease back down to lift your personal performance and boost your cardio fitness.	<b>SH'BAM™</b>  A fun-loving, insanely addictive dance workout. SH'BAM is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!	<b>SPIN / SPIN 30</b>  Build endurance, strengthen the core & tone your muscles with this fantastic cardiovascular workout. Suitable for all levels of fitness due to its low impact on the body. Expect hill climbs, intervals, sprints & mountains, while listening to motivating music. Spin:30 is a 30 minute class
<b>SQUAT.BENCH.DEADLIFT S.B.D.</b>  Covering the 3 fundamental compound lifts. Each class is a specific lift - squats, bench presses, or deadlifts - allowing you to concentrate on technique and strength. Whether you're a beginner or a seasoned lifter, SBD offers a structured environment to enhance your lifting skills	<b>STRENGTH &amp; CONDITIONING</b>  This class uses different formats to improve overall strength, power, co ordination and balance whilst having a positive effect on body composition. A variety of training methods will be used together with a conditioning aspect to unleash peak performance! This class can be scaled from beginner to advanced.	<b>T3 PUMP</b>  Train your body, track your progress & transform your shape with our challenging 30 minute high intensity T3 Pump sessions. T3 is different because it is made up of different sets of exercises completed for reps or time not to the beat of music. T3 Pump uses studio barbells and weights for resistance training.	<b>YOGA</b>  This practice is tailored to what the participants would like on the day, whether relaxing or active. Starting slowly, connecting with the breath & warming up the body, followed by sun salutations, postures & sequences, before stretching & finally, relaxation.	<b>YOGA - ASHTANGA INSPIRED</b>  A dynamic style of yoga that links breath with a set sequence of flowing postures. It builds strength, flexibility, and stamina while calming the mind through focused movement. This energising practice creates balance, discipline, and a deeper mind-body connection.	<b>YOGA - POWER</b>  A dynamic, strength-focused style of yoga that combines flowing sequences with challenging poses to build endurance, balance, and flexibility. Designed to elevate your heart rate while deepening your practice, it offers both a physical workout and a mindful release. Suitable for all levels, it's a powerful way to energize the body and calm the mind.	<b>YOGA - YIN</b>  A more restorative style of yoga aimed to calm the mind & stretch the body; a perfect compliment to any cardio fitness class or gym workout, giving you time to slow down & chill out. All levels welcome.
<b>YOGA - VINYASSA</b>  A style of yoga characterised by stringing postures together so that you move from one to another, seamlessly, using breath. Offering a variety of postures no two classes are ever alike. The variable nature of Vinyasa Yoga helps to develop a more balanced body as well as help to prevent repetitive motion injuries.	<b>ZUMBA®</b>  Zumba takes the "work" out of workout, by mixing low-intensity & high-intensity moves for an interval-style, calorie-burning dance fitness party. A Latin inspired full body workout, combining all elements of fitness - cardio, muscle conditioning, balance & flexibility, boosted energy & a serious dose of awesome each time you leave class.	<b>SPIN</b> <b>CONDITIONING</b> <b>STRENGTH</b> <b>MIND &amp; BODY</b> <b>ACTIVE</b> <b>POOL WORKOUT</b> <b>DANCE FITNESS</b>				