

Fitness Class: what goes on in each one?

Ab Fusion

Ab fusion classes, or abdominal conditioning classes can be a great addition to your regular fitness regime. Ab fusion focus exclusively on the abdominal region of the body. The class will be fused with a strength & conditioning element.

Body Flow

This is a yoga, tai chi, pilates workout that builds flexibility and strength. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

Bootcamp Workout

A circuits-based class outside with stations to work your entire body, increasing muscle tone and cardiovascular fitness. Suitable for all levels –make it as easy or as hard as you like!

Box fit

Punch the stresses away with this all-level circuit training class. Includes pad work, punching bags, skipping and core exercises. Master basic boxing punches and become Boxfit!

Boxercise

Boxercise is a fun, addictive, stress-busting workout, suitable for all ages and levels of ability. It combines the use of aerobic and anaerobic energy systems and is one of the most effective forms of cross training available.

Circuits

Circuits is a multi-station workout for strength work, agility drills and core stability training. A friendly group atmosphere, this class is ideal for those looking to start strength training and seasoned trainers alike.

Core development

Fantastic mix of core strength, flexibility and abdominal conditioning.

Dance Fitness

Blending dance moves and exercise, Dance Fitness delivers this all to the beat of the best dance tunes. Whether you're a seasoned Zumba lover or you dance like your dad, this class is guaranteed to help you meet new people, burn some calories and leave the session with a huge smile on your face.

Express Pilates

Pilates works on the entire body. It focuses on the primary postural muscles in your stomach and back. The body is always well balanced and protected. We have split the session into two to allow those with restricted lunch times the option of attending 30 minute sessions.

Express Yoga

Doing a small amount of something is better than doing a large amount of nothing! Both 30 minute sessions are open to all ability levels, mixing mat based stretching with standing exercises to develop strength and get the heart rate going. Either class will set you up for a productive and positive day and introduce you to the excellent health benefits of Yoga.

High Octane Circuit class

This class will get your heart racing as you combine high intensity cardio moves with muscular endurance drills. This class is for all skill levels from novice, proficient to expert. Get ready for the ultimate cardio and body-weighted resistance class. Bring a towel and come dressed to sweat!

Hula Hoop Fitness

Hula hooping is a great, low-impact way to keep fit and dance. It's fun to learn and there are loads of tricks and fun ways to move and dance with hula hoops. No co-ordination, rhythm, dance experience needed, just the willingness to learn and have fun.

Jogging Club

Led by one of our Run Leaders the jogging club has two levels of runs available, 5k and 2k. The club is ideal for those who are already regulars but want to join in the group feel and make friends along the run or likewise those who want to get into running in a safe and welcoming environment.

Keep Fit Bhangra

'Keep Fit Bhangra' is an amazing calorie burning fitness workout utilising basic but powerful moves from Bhangra. High energy and fun, accompanied by popular energetic bhangra music 'Keep Fit Bhangra' will leave you with a feeling of wellbeing and happiness.

Meditation

Take time out of your day to relax, remove stress and replace it with a dose of inner peace. Meditation is one of the best tools to balance emotions, deal with physical and psychological distress, and promote the peace of the present moment. Don't worry if you've never tried it before; it's a welcoming environment for all.

Mindful Stretching

Drawing on some of the basic principles of mindfulness, this is a workout for the mind, body and spirit. The class incorporates stretching exercises as well as breathing and guided meditation techniques to help relaxation. This session is more about being chilled than being sweaty so you won't even need to get changed into something else after.

Mindful Movement & Meditation

Drawing on some of the basic principles of mindfulness, this is a workout for the mind, body and spirit. The class incorporates strengthening and stretching exercises as well as breathing and meditation techniques to help relaxation. Ideal for beginners but all welcome. Please wear comfy clothes. A limited number of mats provided.

Self Defence

Feel empowered, safe and confident wherever you are. This class is open to all abilities and is aimed at helping you feel strong whilst improving your sense of self.

Strength and Conditioning

Learn the basic skills and techniques of an all-round strength and conditioning from lifting technique, aerobic conditioning, body conditioning, general strength and max strength training. All taught by our fully qualified Strength and Conditioning Coach.

Stretch and Tone

Stay firm and get more flexible. In this class you'll tone your tum, glutes, legs and arms, whatever your shape or size. Work your muscles to move better, bend more easily and reach higher. Take control, stretch to the next level and relax. Your body will love you - trust us.

Twilight Yoga

Run by the Yoga Society this yoga session offers all the benefits of our regular yoga class but with a bit more of social element too. Make friends whilst stretching off the day's stresses.