

Group Fitness Class descriptions.

HIIT stands for High Intensity Interval Training. In a HIIT class you will be expected to perform cardio exercises to your maximum effort for a short duration of time (usually 10-45 seconds) followed by a short rest period. This is repeated with the same or different exercises.

Spin classes consist of a group of people on stationary bikes who pedal together with the aid of our instructor at the front of the class. Perfect for weight loss and fitness stamina, whilst working the leg muscles to add strength and tone.

Yoga offers the benefits of strength, flexibility and a balance in mind, body and breath. Helping to create a calm, peaceful and relaxed mind. Yoga improves joint flexibility, and enhances balance, coordination and posture through a series of diverse poses.

Pilates Mat consists of about 500 separate exercises designed to strengthen and lengthen all major muscle groups. It's similar to yoga, but Pilates is focused on relaxing tense muscles.

Boxing Fitness: Boxers are some of the fittest people on the planet. Learn techniques, combinations, agility, and strength and have some fun. If you want to be fit and empowered then this is the class for you.

Lift Club- is basically an induction session. It can be the structured show me all the machines and their uses or it can be I just need some assistance on an exercise or piece of equipment.

Free Stylz – is a fun community fitness program that caters to all walks of life and all fitness levels. Underpinned by fun playfulness and joy. Free Stylz encompasses all the elements of fitness delivered in a game based structure. Lots of laughs and giggles and connection. You don't even realise you are exercising.