

# Studio Class

DESCRIPTIONS

# 2019



[#feelgreat](#)



**AbBlast:** Develop those core muscles in short classes designed to bring the burn to your abdominal area!

**AquaFit:** Wobble up, we're hitting the pool! AquaFit uses water for resistance training, which has very little impact on your joints.

**Barre Fusion:** This class combines high repetitions with small, controlled movements and deep relaxing stretches using the Ballet Barre.

**BodyArt®:** This class connects strength, flexibility and balance whilst improving stability, co-ordination, wellbeing and posture.

**BODYATTACK™:** This class combines athletic exercises like running, lunging and jumping with strength moves such as push-ups and squats. Burn up to 730kcal/hour!

**BODYBALANCE™:** This yoga based class is suitable for everyone, and will improve your mind, body and your life!

**BODYCOMBAT™:** This fiercely energetic programme is inspired by mixing martial arts and it's a great way to unleash yourself and increase stamina!

**BODYPUMP™:** Using light to moderate weights with lots of repetitions, this class will give you a fantastic full-body workout! Burn up to 590kcal/hour!

**Bootcamp:** Bringing the gym workout to the studio - bootcamp provides non-stop intervals of functional training. Join in our earlybird sessions too!

**Circuits:** Easy, Intense and Boxing circuits, delivering your daily dose of HiiT fitness!

**DanZe-IT:** Bust some moves and dance your way to fitness with this enjoyable cardio class.

**Virtual Pedal:** A new pedal experience in our Virtual Studio!

**Line Dancing:** YeeHaw! An american-style line dancing class specifically targeted at seniors and beginners.

**Lo-impact aerobics:** A class designed for all levels of ability. This class increases your aerobic fitness with moves to help strengthen your body.

**Pedal Power Live:** This indoor pedal class takes place in our Virtual Studio. With the motivation of our brilliant pedal instructors, you can burn up to 550kcal/hour!

**Pilates:** This is a mat based class, which focuses on correct alignment, posture and breathing. This class is highly recommended for customers experiencing back issues.

**Sculpt Xtreme:** Strengthen and tone your body in this fusion class.

**Step!:** Our step aerobics class will burn fat in a fun way and make you hungry for more!

**Tums, Bums & Thighs:** This low impact class focuses on the typical problem areas and is suitable for all levels of fitness.

**Virtual Interval Blast:** HiiT training in the Virtual Studio.

**Virtual Piloxing:** Piloxing combines pilates and boxing moves in a high spirited interval workout.

**Virtual Piyo:** Piyo will work every muscle by incorporating moves from Pilates and Yoga. It's low impact but higher intensity!

**Yoga:** Develop your body and mind with our yoga classes. Practice postures, breathing and relaxation to develop suppleness, strength and stamina.

**Zumba®:** Ditch the workout, join the party!

**Cross Train Fit:** Suitable for all levels of fitness and will combine strength, CV, Core, HiiT and endurance work.

**Body Max:** Suitable for all levels and combines resistance work using weights and Dumbbells with cardio.

**HiiT:** A high intensity 30 minute workout designed to work the whole body.