



B A S I N G S T O K E S P O R T S C E N T R E

Studio Class Descriptions



mybst.org

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.