

# GROUP EXERCISE

## TIMETABLE

RELEASE 2

## CLASS DESCRIPTIONS

### GRIT Series

**GRIT Strength™:** Designed to improve strength and build lean muscle.

**GRIT Plyo™:** Plyo-metric based workout, designed to make you perform like an athlete.

**GRIT Cardio™:** Improves Cardio fitness, increases speed & maximises calorie burn.

### STRENGTH & TONING

#### Body Pump

BODYPUMP™ is the original barbell class that strengthens your entire body. Targetting all your major muscle groups, great music, awesome instructors & your choice of weight.

#### Xtreme Abs

A class incorporating a variety of challenging exercises to work & strengthen the core and ab muscles.

#### Forever Strong

Designed to sculpt & strengthen the whole body with a range of easy-to-master exercises in a fun & motivating environment. Also designed to help strengthen your core and relieve back pain. Ideal for any back pain sufferers and suitable for the complete beginner.

#### Kettle Bells

Using dynamic movements which target almost every aspect of fitness, strength, balance, agility & endurance.

#### Legs, Bums & Tums (LBT)

Combinations of high & low impact exercises, as well as floor work. To tone up and improve muscular endurance in the legs, abdominals and not forgetting the bottom.

### CARDIO RANGE

#### Boxercise

These high energy workouts combine boxing techniques, choreography & various kicks along with other martial art moves. Boxercise will use circuits along with pads & mitts.

#### Vi-Box

Includes punch & knee strike combos, cardio fitness, agility & strength. You won't believe how much you can sweat in this class and still enjoy yourself!

#### Xtreme Bootcamp

Using various equipment from Battle Ropes to Kettlebells the traditional circuit class has been truly revolutionised.

#### Bodyshock

HIIT training at its best. Intense bursts of exercise, followed by short recovery periods.

### INDOOR CYCLING

#### Keiser Intelligent Cycling

Experience the most technologically advanced indoor cycling class. With no complicated moves to learn, advanced level Instructors & music that begs your legs to pedal getting in to the best shape of your life has never been so achievable.

#### VIBE Cycle

An indoor cycling class all about the music, working to the beat and letting the rhythm take you on a journey. Less focus on the technical ride, more focus on fun.

### UNWIND & RE-ENERGISE

#### Body Balance/ Xpress Body Balance

BODYBALANCE™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. 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.

#### Mindful Me

Let "Mindful Me" help you enjoy life a little bit more. Learn breathing techniques, mental awareness & meditation. Time just for you.

#### Pilates

This class is designed to improve core stabilisation, mobility, posture and breathing. You will learn techniques to enhance flexibility, balance, co-ordination and tone.

#### Osteo Pilates

In partnership with the Osteoporosis Society

#### Fitness Pilates

A faster more intense version of the regular Pilates.

#### Yoga (Hatha/Sivananda)

Using a range of movements and stretches, Yoga focuses on relaxation, posture and breathing.

#### Power Yoga (Achtanga Style)

This session is suitable for those who participate in Yoga on a regular basis, offering a more intense and dynamic version of the regular class. Incorporating flowing moves which are much more physical regarding strength and flexibility.

### THEMED CLASSES

#### Dancefit

Burn calories as you bust a move! Easy to follow warm-up moves and steps that build to create short combinations, set to the hottest pop and hip hop mixes. Energy and a little swag is all you need!

#### DDMIX

Choreographed by Darcey Bussell, a brand new full body workout based on a range of different dance styles from around the world, as well as eras, with easy to follow steps. All you need is a pair of trainers and enthusiasm.

#### Forever Fit

A class for those who want to keep in shape at a gentler pace, in a fun and friendly environment. Ideal for those more mature but young at heart.

#### VIBE Step & Dbands

A back to basics step class that's easy to follow and lots of fun. With lots of creative, yet simple step choreography it is perfect for beginners and step enthusiasts alike. Now imagine doing it all whilst wearing dynamic resistance bands! With Vibe Dbands you will strengthen and tone your core and lower body. Come and experience an amazing workout!