

## FITNESS CLASSES DESCRIPTIONS

All classes cater for various ability levels. Our instructors are experienced and able to modify the class to each participant's skill level and fitness. Please speak to reception or the instructors if unsure which class is appropriate for you. Prior to the class, participants must inform the instructor of any injury or medical condition they may have.

### DANCE STUDIO CLASSES

**PILATES** – exercise for your mind and body to improve strength, flexibility, and overall mobility. Recommended by osteopaths and physiotherapists, this form of exercise teaches your body to move more efficiently and change your posture.

*Trying it for the first time?* Introduce yourself to your instructor, particularly if referred by a practitioner. This class suits all ages or fitness levels.

*What to wear?* Comfortable clothing with no footwear. Mats are provided.

**STRETCH** – a fun way to learn how to stretch correctly, improving flexibility and core strength.

*Trying it for the first time?* Easy to pick up for all fitness levels.

*What to wear?* Comfortable clothing with no footwear.

**STRETCH & STRENGTH** – a class to develop your flexibility through stretching whilst improving your strength using simple controlled moves both standing and on the mat. Incorporating some basic yoga, and tai chi moves. Feel longer and stronger when you leave.'

*Trying it for the first time?* Easy to pick up for all fitness levels.

*What to wear?* Comfortable clothing with no footwear.

**YOGA** – Yoga is a contemporary approach to yoga offering postures to endorse strength and stability.

*Trying it for the first time?* Allow several weeks to become familiar with the poses and start to reap the benefits.

*What to wear?* Comfortable clothing with no footwear.

**GENTLE YOGA** – a slow-paced, beginner-friendly style of yoga that focuses on gentle stretching, controlled breathing, and relaxation rather than strenuous poses or fast flows. *Trying it for the first time?* Allow several weeks to become familiar with the poses and start to reap the benefits.

*What to wear?* Comfortable clothing with no footwear.

**TAI CHI** – Tai Chi & Qi-gong are gentle, flowing movement practices that focus on balance, coordination, breathing and relaxation. Classes involve slow, easy-to-follow movements that help improve mobility, stability and overall wellbeing, without strain or impact.

*Trying it for the first time?* Easy to pick up for all fitness levels.

*What to wear?* Comfortable clothing.

**FITNESS YOGA** – is designed with you in mind, creating a powerful programme of strength, endurance, and flexibility.

*Trying it for the first time?* Easy to pick up for all fitness levels.

*What to wear?* Comfortable clothing with no footwear.

**INTENSE ABS** – a 30-minute workout focusing on tightening your abdominals and strengthening your back.

*Trying it for the first time?* Easy to pick up for all fitness levels.

*What to wear?* Comfortable clothing and trainers.

**POWER PUMP** - this class tones and conditions your entire body, appealing to both men and women wishing to add strength training to their aerobic workout.

*Trying it for the first time?* Arrive 10 minutes early to speak to your instructor, start with light weights and focus on your posture to begin with.

*What to wear?* Comfortable clothing and trainers – bring a small towel.

**BODY CONDITIONING** – a non-aerobic muscle-toning class that may include equipment such as hand weights and mats to improve your body tone and strength. Floor work is included for a total head to toe workout.

*Trying it for the first time?* Easy to pick up for all fitness levels.

*What to wear?* Comfortable clothing and trainers.

**STRENGTH & CONDITIONING** – This class is designed to increase physical strength through weight-bearing and resistance exercises. It targets all major muscle groups of the upper and lower body.

*Trying it for the first time?* Easy to pick up for all fitness levels.

*What to wear?* Comfortable clothing and trainers.

**CIRCUITS** – a total body workout with participants moving around equipment stations alternating between cardio training and upper/lower body resistance work without complex choreography.

*Trying it for the first time?* Easy to follow and suitable for all ability levels.

*What to wear?* Comfortable clothing and trainers. Bring a water bottle and small towel.

**HIITSTEP** – a 30 minute high-intensity interval training (HITT) workout that uses a step and dynamic bodyweight exercises. It has been designed to improve power, increase strength, and burn hundreds of calories.

*Trying it for the first time?* Easy to follow and suitable for all ability levels.

*What to wear?* Comfortable clothing and trainers. Bring a water bottle and small towel.

**BODY BLAST** – a cardio charged workout that is high energy and motivating! This is a high intensity interval training class that incorporates challenging cardio segments, resistance training, and intense core work using diverse fitness equipment to blast your body into shape fast.

*Trying it for the first time?* Easy to follow and suitable for all ability levels.

*What to wear?* Comfortable clothing and trainers. Bring a water bottle and small towel.

**BOX FIT** – a high energy workout incorporating boxing concepts including correct footwork, focus pads, all 8 punches, combinations, speed pads and skipping with added high intensity exercises. A fun, challenging and safe workout.

*Trying it for the first time?* Easy to follow and suitable for all ages and fitness levels.

*What to wear?* Comfortable clothing and good trainers. Bring plenty of water and a small towel.

**FIT STEPS** – this energetic, up-beat dance class mixes the grace of ballroom with the up-tempo steps of Latin. A fun filled exercise class. As “Strictly” returns to our screens dance yourself fit with this fun filled exercise class created by Natalie Lowe and Ian Waite.

*Trying it for the first time?* Meet your instructor and just move with the music!

*What to wear?* Comfortable clothing and good trainers for foot stability. Bring a small towel.

**CARDIO DANCE MIX** – an upbeat, energetic dance-fitness class which is a full body workout based on dance styles from around the world.

*Trying it for the first time?* Easy to follow steps and suitable for all abilities.

*What to wear?* Comfortable clothing and good trainers for foot stability. Bring a small towel.

**CLUBBERCISE** – a fun full body workout with a banging soundtrack. Routines combine dance, toning and combat moves with options to suit all fitness levels.

*Trying it for the first time?* Easy to follow steps and suitable for all abilities.

*What to wear?* Comfortable clothing and good trainers for foot stability. Bring a small towel.

## CYCLING STUDIO CLASSES

**STUDIO CYCLING** – a free style indoor cycling class where your instructor will lead you up and down (imaginary) hillsides using interval training to make you sweat (not imaginary). Classes takes place in the cycling studio which uses flashing, multi-coloured lighting linked to the music beat.

*Trying a cycling class for the first time?* Arrive early to meet the instructor and learn how to set up your bike. Use a low resistance on the bike if this type of exercise is new to you. Take it easy and pace yourself – you are in control.

*What to wear?* Padded cycling shorts will be more comfortable but otherwise shorts or leggings with a vest or t-shirt and trainers. Bring a water bottle and a small towel.

**HIIT STUDIO CYCLING** – a 30-minute cycling workout, scientifically proven to return rapid results. HIIT cycling involves alternating short bursts of near-maximum effort with rest periods helping you lose weight, build muscle, boost metabolism and burn calories for up to two hours after your workout! Classes takes place in the cycling studio which uses flashing, multi-coloured lighting linked to the beat of the music.

*Trying a cycling class for the first time?* Arrive early to meet the instructor and learn how to set up your bike. Use a low resistance on the bike if this type of exercise is new to you. Take it easy and pace yourself – you are in control.

*What to wear?* Padded cycling shorts will be more comfortable but otherwise shorts or leggings with a vest or t-shirt and trainers. Bring a water bottle and a small towel.

## POOL CLASSES

**AQUAFIT** – exercise to music in the pool using the water as resistance to tone up those bodies. This safe and effective workout uses water woggles and floats to provide extra security or increase the challenge.

*Trying it for the first time?* A good choice as the water provides support and poor or non-swimmers can remain well in their depth.

*What to wear?* A swimsuit plus an old t-shirt will provide extra warmth. Bring a water bottle.

## IMPORTANT INFORMATION

Classes commence with a warm-up to minimise risk of injury, so it is important that you arrive on time. We reserve the right not to admit latecomers. Please be prepared to stay for the duration of the class.

Bring a bottle of water with you to replenish fluids.

When engaging in any form of exercise we recommend you consult a doctor first if you have any concerns regarding your general health.

Whilst some muscular soreness may be experienced when first commencing new exercise, you should immediately cease exercising if pain in the joints or muscles is experienced and inform your instructor.

To book, please log onto the EZ-Runner APP or contact reception on 0118 964 4600