

## Fitness class descriptions

<b>Active Life</b>	An exercise programme designed for the over 50's that can include more than one activity in each session.
<b>Aerobics</b>	The classic fitness class that uses a mix of high and low impact moves to have you building up a sweat in no time and burning some serious calories.
<b>Aikido</b>	Prepare to increase your flexibility, endurance and strength with this excellent form of self defence.
<b>Ante/post Natal</b>	Whether you're preparing for the birth of your child or trying to get back into shape afterwards, this gentle exercise class is ideal for you.
<b>Aqua-fit</b>	Take your workout to the water and go easy on your joints in this aqua-aerobics class
<b>Aqua-natal</b>	This class offers you the results of aerobics class but with the benefit of being supported in the water as your baby bump grows.
<b>Boot Camp</b>	Get fit fast with this intense workout that's as tough as it is extreme. A fun packed class that will push you to your limits and have you rushing back for more. Also available for juniors – Boot Camp Kidz.
<b>Box-a-circuit</b>	Box-a-circuit is the perfect mix of high and low impact boxing-style-moves to tone and sculpt the body.
<b>Boxercise</b>	High energy boxing combination with high calorie burning results to give you a toned physique. Also available for juniors – Boxercise Kidz.
<b>Chair Based Exercise</b>	If you use a wheel chair or have difficulty standing this is the ideal class for you. Performing exercises as a group, the routines will help to increase your flexibility and muscle strength.
<b>Circuits</b>	Set your own pace around the cardiovascular and toning exercise stations to tailor the intensity of your workout.
<b>Dance-fit</b>	Dance yourself into a sweat with aerobic style dance moves to increase your fitness and body tone whilst having some fun.
<b>Fab Abs</b>	Designed to strengthen your core and tone your tummy to give you fab looking abs.
<b>Fitball</b>	Strengthen your core and increase your balance doing exercises designed around the Fitball.
<b>Flexi-bar</b>	Sculpt your body from head to toe with Flexi-bar. A vibrating bar that tones your muscles and works those wobbly bits.
<b>Gym Circuit</b>	Whether you're a die hard gym fanatic or just fancy a change, give your workout a shake up with this instructor based gym class. If you've not already had a gym induction, you'll need to have one before you can take part in the class.
<b>Heart Watch</b>	A specialist GP referral class designed for those with or recovering from heart problems (partners also welcome). Come along and get your heart fighting fit.
<b>Hula Tone</b>	Twirling your weighted Hula Hoop will send you straight back to your childhood. Along with having plenty of fun, you'll be burning plenty of calories and toning up.
<b>Kettlercise</b>	A dynamic class for those looking to burn fat and tone up. Prepare to perform strength, cardiovascular and flexibility exercises using a kettle bell.
<b>Kick-Boxercise</b>	Traditional kick boxing moves with an aerobic twist. Set to uplifting music to give you a peachy rear in no time.
<b>Kick-fit</b>	This is a combination of kick-boxing moves, traditional boxing moves and kickin' beats to tone and sculpt your body.

<b>Ladies Weights</b>	A gym based circuit class designed for women to help banish bingo wings, muffin tops and thunder thighs. If you've not already had a gym induction, you'll need to have one before you can take part in the class.
<b>Legs Bums Tums</b>	Low impact aerobic warm-up followed by a session of toning exercises to create fab abs and buns of steel.
<b>Line Dancing</b>	If you've always fancied some boot scootin' fun this is definitely the class for you. Dances are learnt in a line formation so you don't need a partner.
<b>Pilates</b>	Prepare to work your body to develop your core muscles, increase strength and flexibility. It might not be a hot and sweaty workout but don't let that fool you as you'll soon start to see the results.
<b>Power Hour</b>	Prepare to pump iron along to some great music. This class will have you perfecting your arms, creating buns of steel, toning your thighs and defining your abs. A great class for both women and men.
<b>Power Yoga</b>	A dynamic approach to Yoga that builds both strength and flexibility. It's perfect if you're looking to take your Yoga workout to the next level.
<b>Rebound</b>	Low impact, super effective workout with mini trampolines. Say goodbye to cellulite and hello to a shapely body.
<b>Rehabenings</b>	If you're over 50 with aches, pains and niggles that you think prevent you from exercising, give this class a try and we'll have you fighting fit in no time.
<b>Spin Fit</b>	Avoid the British weather on our indoor spin bikes. A fantastic workout that will get your fitness sky high and tone those thighs.
<b>Spin and Tone</b>	This is much the same as spin fit but includes the use of free weights for body toning results.
<b>Step Aerobics</b>	Step into action with another classic fitness class that will help you burn calories and improve your balance to some upbeat music.
<b>Street Dance</b>	Feel the beat and learn routines that have been choreographed to RnB music as you dance your way to a new body. Also available for juniors – Street dance Kidz.
<b>Taekwondo</b>	A martial art involving punches and kicks to develop strength, speed, balance and stamina.
<b>TRX</b>	Suspension Training bodyweight exercise which develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX® Suspension Trainer that leverages gravity and the user's body weight to enable hundreds of exercises for every fitness goal. TRX classes include Boot-Camp, Combat and Body-blast.
<b>Yoga</b>	Chill out and shape up with a combination of breathing exercises, physical postures and meditation. Excellent for improved posture, increased body tone and flexibility.
<b>Zumba</b>	A dynamic dance class combining easy to follow Latin and urban dance moves. This fun packed class will have you working all the major muscle groups to deliver great results.
<b>10%ers</b>	A fantastic physical activity course if you need a helping hand in losing around 10% of your bodyweight.
<b>20/20/20</b>	Three different classes chosen by the instructor giving you a high-calorie kick for a healthy heart and hot body.

#### **Intensity key**

- \* Beginner level
- \*\* Intermediate level (suitable for most people)
- \*\*\* Higher levels of fitness
- \*\*\*\* Advanced levels of fitness

*The class intensity is located next to the class on the timetable.*