

Fitness Class Descriptions

Aqua – Water aerobics. A class conducted in the swimming pool focused on low impact exercise. Perfect to tone muscles and increase cardiovascular fitness.

Instructors – Pat and Steph

Circuits – A high intensity class that combines aerobic exercises with resistance training. Various equipment is used and lots of body weight exercises are included.

Instructors - Megan, Rosie, Steph, Jordan and Craig

Dance Fitness – It's getting fit by dancing! A class that is great fun and accessible to everyone regardless of age, sex or fitness. Like spinning burn up to 600 calories in 45 minutes.

Instructors – Megan and Rosie

HIIT – High Intensity Interval Training. Short bursts of hard exercises, studies have shown that 15 minutes of HIIT can burn more calories than jogging for an hour. This class uses minimal amounts of equipment and is accessible to anyone. Looking to work hard and see the results? This class is for you.

Instructors – Jordan and Craig

Kettle Bells – Full body workout using Kettlebells to work on targeting all the muscles in your body. Great to learn some new exercises and work muscles that are often overlooked.

Instructors – Megan, Rosie, Craig, Jordan and Steph

Legs, Bums and Tums – Tone up those problem areas! This class uses various equipment and exercises to hit the legs, bums and tums hard!

Instructors - Megan, Rosie, Steph, Jordan and Craig

Mobility – A class aimed at increasing your range of movement and alleviating aches and pains through stretching. Make sure you are already warmed up before this class. Fantastic for those looking to increase flexibility.

Instructors – Rosie and Jordan

Pilates – “The Art of Controlled Movements”, Pilates is aimed at improving flexibility, strength and endurance throughout the entire body

Instructor – Sarah 07984617632 and Alex 07813178267

Pump – The ultimate full body workout! Using barbells, Pump will hit all of the main muscle groups in the body. The goal is to tone and increase fitness. Come to this one to work hard and see results

Instructors – Megan, Jordan, Craig and Rosie

Spinning® - High intensity indoor cycling to music, focusing on endurance and strength. Burn up to 600 calories in a 45-minute session.

Instructors – Megan, Rosie, Steph, Jordan and Craig

TRX – Utilising the TRX suspension trainers developed by the US Navy, TRX classes focus on toning up and strengthening the core muscles.

Instructors – Megan, Rosie, Steph, Jordan and Craig