

# Fitness Class Descriptions



**PumpKettle:** The ultimate full body workout! Using barbells and Kettlebells, 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.

**HIIT:** A high intensity class that using lots of body weight exercises. Short bursts of hard exercises - studies have shown that 15 minutes of HIIT can burn more calories than jogging for an hour.

**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.

**Core Conditioning:** Summon your six-pack and carve your core with these abs-focused classes. These express sessions focus on exercises to tone and strengthen and are a great workout to increase overall balance and posture in your everyday life.

**MAX-IT:** The 'IT' stands for interval training and that is exactly what the class delivers (just not in your stereotypical interval fashion!) We will have a focus each week whether it's sprint based, pace focused - incorporates partner and team-based workouts. The programming is guaranteed to get the most out of you in the 45 minute time frame. If you want a fun, but very tough class that gives you something new to tackle every single week then this is the one!

**TRX:** Utilising the TRX suspension trainers developed by the US Navy, TRX classes focus on Using your own bodyweight as resistance to strengthen and tone the core, as well as the rest of the body

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

**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.

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

**EMOM:** EMOM stands for every minute on the minute! This is the time domain we work for per exercise and the remaining time after performing your reps is your rest. It's hugely varied class and we taking advantage of the efficient time frames to cram in a huge amount of work. It's a full body session, upper, lower and core get a great dose of work and it's an absolutely excellent piece to the puzzle that is the training week.

**Pilates & Mobility:** Pilates is an exercise system that focuses on stretching and strengthening the whole body with the aim of improving balance, strength, coordination and posture. It can be a great tool for the prevention and even rehabilitation of injury. The class is suitable if you're a complete beginner or an advanced participant. We cater for mixed abilities and scale the movements up or down accordingly. In this class we also add in some positional work that helps contribute towards good mobility and a great transfer to certain movements in the gym.