

Class Description's

▷ Body Workout ◀

This class provides the variety your body needs to see results by combining fun cardio exercises with specific muscle conditioning that will be tailored to the needs of the class from week to week.

▷ Yoga ◀

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing.

▷ Legs Bums & Tums ◀

This class is a mixture of cardiovascular movements and endurance exercises which will increase body strength, posture and shape.

▷ Pilates ◀

Your body needs a combination of cardio and strength training to truly transform itself. This class is designed to challenge the core and build extra strength and control in each area of the body.

▷ Aqua Fit ◀

Water exercise is more than just swimming. Aqua Fit and Aqua Aerobics offer an exciting alternative to their land-based counterparts. A low impact workout with the aid of water. Suitable for all levels of fitness.

▷ Body Sculpting◀

Pilates uses controlled movements, primarily focused in your "core" (a term for your torso) to build body strength, flexibility and endurance. It's a body conditioning routine that won't result in bulky muscles. Instead, the movements serve to lengthen your muscles and build strength. It will utilise all the muscles in your body.

▷ Pilates (Advanced) ◀

Your body needs a combination of cardio and strength training to truly transform itself. This class is designed to challenge the core and build extra strength and control in each area of the body. The exercises focus on strengthening and maintaining an already challenged core, with the addition of the Pilates ring.

▷ Aktiv Tone ◀

A full body workout comprising of exercises using weighted bars, dumbbells, steps and mat work. Geared towards all over toning.

▷ Vibe Power ◀

A high energy, high calorie burning workout that combines the use of weighted bars, dumbbells, body weight exercises and HIIT (High intensity interval training). Fitness, body toning and fat burning are all achieved here.

▷ Circuits ◀

A body conditioning and endurance training class using high-intensity exercises. It targets strength building, muscular endurance and toning. The 'circuit' is over following completion of all prescribed exercise stations.

▷ Aktiv Fit ◀

This is a High Intensity Interval Training (HIIT) & circuit class devised by Terry Samuels. The class is split into two sections, the first being HIIT comprising purely of own bodyweight exercises. The second is a circuit with the inclusion of weights. The combination of the two helps improve fitness and body composition in a shorter space of time than normal fitness training, raises metabolism allowing for higher levels of fat burn, increases muscular tone and endurance also helping to continue burning calories long after the class has been completed.

▷ Zumba Gold ◀

Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

▷ Fat Burn◀

Quite simply 'does what it says on the tin'... Burns fat! A combination of all the exercises used in Terry's classes to achieve maximum calorie burn in minimum time.

▷ DDMix ◀

Using easy to follow dance steps from a diverse range of global dances, from Line Dance to Bollywood, and Jive to Charleston. Created by Darcey Bussell and Nathan Clarke with especially designed music to get you in the groove. You need NO dance experience - just enthusiasm and a pair of trainers to enjoy it!

▷ Aqua Yoga ◀

A Yoga class adapted for the pool. With the support of the water, yoga poses (Asana) are practiced in a supported way, where the benefits are enhanced by the release of gravity. With the water's calming properties, the sense of relaxation and well-being is also enhanced. A class for mind and body.

▷ Stretch & Relax◀

A gentle full-body stretch class for increased flexibility, improved posture and greater body awareness. You will be guided through breath-control exercises to link the mind and body through the breath, and a full guided relaxation, to leave the studio feeling calm and refreshed.

