

# ALL STUDIOS AND POOL TIMETABLE

## The Timetable will be up shortly

**Ashtanga Yoga** This powerful form of Yoga has an emphasis on strength and stamina through energetic patterns of poses. Improve the body's flexibility, physical strength and muscular tone whilst calming the mind and improving circulation.

**Boot Camp** A military-style class for strength and conditioning. The instructor pushes you to move onto the next exercise with very little rest in a circuit fashion.

**Bounce & Burn** Bounce & Burn is a full body workout, but low impact and de-toxifying form of exercise. Rebounding is jumping on a specialised, mini trampoline, aimed at aerobic and core fitness.

**Bike HIIT 45 & 25** A specific number of sprints, followed by recovery periods over a 20-minute workout performed on the bike.

**Box- Fit- Circuit** The ultimate stress buster. A mixture of boxing, skipping, bag work, circuit and more

**Combo Ballet Barre** A fantastic way to tone your body. Fun ballet-inspired workouts target and isolate small postural muscles through a combination of styles including Yoga and Pilates.

**Cycl'H2O** The 45min class combines high intensity aqua cycling with circuit training, making the most of water resistance.

**Dance Fitness** Latin infused dance fitness class. You'll feel like you are in a strictly come dancing episode.

**HIIT & METCON** will be a blend of cardio and strength training, this workout will be varied, effective and great fun!

**Hatha Yoga** This slower paced and more gentle form of yoga is great for beginners. Build your flexibility over time while focusing on your breath.

**HIIT & CircHit** Increase your capacity for high-intensity exercise. HIIT offers a longer "after burn", helps maintain muscle mass while still burning calories and enhances performance in sports and athletic activity.

**Mat Pilates (Int & Adv)** Floor exercises using an exercise mat. Includes low-impact, controlled breathing, during body weight resisted movement to build core strength. Great for improving posture and spinal alignment.

**Mobilisation** A class designed to improve posture and reduce injury risk by helping you move your joints safely through their full range of motion

**Peak Performance** A high-level strength and fitness class designed to push you to your Peak Performance!

### **Pilates Reformer & Tower All, Intermediate & Advanced**

A variety of exercises can be performed on the reformer to promote length, strength, flexibility, and balance. A unique way to perform precise exercises safely to build strength, stability and control. It is particularly helpful with, back pain management by improving your core stability.

**\*Please Note a one to one Reformer induction must be booked before joining any Reformer based Class. Please book and at reception £75**

**Power Cycle** Riding at different intensity levels whether it will be endurance, intervals or hills to become stronger, fitter and generating more power on the bicycle using power as a metric to gauge intensity.

**Power Aqua** Get out of the gym and into the pool! This class sculpts different areas of the body with no impact on the joints.

**Shred Cycle** Taking body weight exercises to new heights! A specifically formatted class of 2 body weight exercises followed by 20 second bursts on the bike 6 exercises 3 rounds! Total Body Toner

**Strength Training** Get stronger in every way while learning the essentials of strength training. The focus is on perfecting technique for a safe and effective gym life!

**Swimsanity** Developed in London, the Swimsanity workout utilises inter-changeable drills, which gives participants an effective, mixed ability, aqua-exercise experience every time.

**Yoga Fusion** The yoga fusion class will include all aspects of yoga: breathing, pranayama meditation, Zero-gravity-yoga, laughter, asana practice with some alignment exercises.

**Zero Gravity Yoga** \*\* With the weight of the body supported, learn how to achieve proper postural alignment through relaxation rather than effort.

**Vinyasa Yoga** A vigorous yoga flowing and continuous. The movement is smoothly synchronized to the breath and the poses run together, re-energising your body and mentally relaxing your mind.

**WOD** A straight up varied strength class designed to improve strength of all kinds for those with an already conditioned frame looking to take it to the next level

**Please Arrive Promptly for Scheduled Classes as Late Arrivals Will be Refused Entry**