

# inspirit

health and leisure club

## Check out our new summer timetable

**Indoor cycle:** A dynamic, energetic, and highly enjoyable class. Lively music gets your heart pumping, and keeps you motivated to just keep riding hard. Go on, put your foot down!

**Aqua aerobics:** Get more out of the pool than just a quick dip, you will love this fun fitness class that uses the resistance of the water to give you a great workout and there is no swimming involved.

**Body conditioning:** This class is for the people who want to focus on toning, using body resistance exercises you can sculpt your body and learn new techniques to keep it toned.

**Fitness Pilates:** Fitness Pilates is a modern, research based group fitness class created for the apparently healthy adult. It neither is neither remedial, clinical nor is it designed for rehabilitation. Fitness Pilates utilises all of the original principals and includes many of the 34 mat work exercises but offers new pathways, formats, class ideas and developments to further this amazing technique.

**Boxercise:** combines boxing and exercise in a fun, stress busting way to suit all fitness levels.

**Step Fusion:** Become hypnotized by our step choreography fused with anything from kick boxing to Latino or Hip Hop to Bollywood.

**Total Tone:** Experience the benefits of your body's natural resistance along with light weights tone & sculpt your body from head to toe.

**Stretch 'N' Tone:** Balance your workouts with new stretching techniques, while increasing flexibility, joint mobility, improving muscle tone & reducing the risk of injury

**Core Galore:** A class that's dedicated to your abdominal muscles, maintain good posture and alignment while improving your core stability.

**Arts & Crafts:** Loads of fun with new friends, learn how to make & do, paint.. & lots more

**Kids Splash:** Enjoy an hour to yourself while the kids enjoy a splash class in the pool.