

Classes explained

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.

Aerobics: The old favourite is great to get you motivated, fun dance moves and a great cardio workout simple as that.

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 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 & Tone : A class of two halves. The first half follows a simple step routine aimed to get the heart pumping while toning the legs and bum. The second half focuses on toning, sculpting and stretching the whole body.

Boot Camp / Cross Fit Prepare to be drilled, pushed and pulled through a series of exercises in a circuit format. These exercises will benefit you in strength, endurance and cardio conditioning.

Kidz class, Enjoy an hour to your self while the kids enjoy fun fitness activities. Check at reception to see location of class.

Class rules

Please sign in before entering the studio

Please inform instructor of any ill health or injury before taking part in classes

Please carry a sweat towel in studio

Late entrance to classes is a hazard to you and others and will not be allowed.

Inform your instructor if you feel unwell during any class.

Please bring a bottle of water into studio to rehydrate yourself.

Class Timetable



Follow the crowd this Spring . . .

