

Class Descriptions

Keiser Cycle

A high energy class on stationary bikes. This class is for all levels of fitness to help improve cardiovascular fitness, by mainly strengthening the lower body. It also burns those unwanted calories.

Aqua

A fun class, Aqua is suitable for general fitness pre and post natal and those with joint problems.

Pilates

This is a great class to help improve your posture and tone up by using lengthening, strengthening and stretching exercises. Ideal for anyone who suffers with a weak back.

BoxFit

An all-round circuit based on boxing techniques.

BodyFit

A whole body muscular strength and endurance class using barbells.

Charka Yoga

A calming, meditative class suitable for beginners that allows you to release and harmonise your body, emotions, mind and spirit.

Shape & Tone

This class uses a mixture of dyna bands and swiss ball exercises. This class will improve posture and definition.

Aerobatone

A choreographed aerobics class which includes toning exercises