

CLASSES

A - Z of Activities

Aqua Fit

Aerobics adapted for the pool. Low impact aerobic and toning workout that avoids stress on joints.

Body Blast

This is a full body workout that involves cardio to increase the heart rate, and resistance training to sculpt the arms, butt, and core. It is an intense workout and you leave the class feeling great!

Box Fit

Classes involve a variety of moves and techniques, such as shadow-boxing, skipping, hitting pads and bags. It is a fun and challenging way to get a good, all-over workout.

Les Mills Body Attack

A high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

Les Mills Body Balance

Yoga-based class that will improve your mind, your body and your life. An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. You'll strengthen your entire body and leave the class feeling calm and centred.

Les Mills Body Combat

A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories* in a class

Les Mills Body Jam

BODYJAM™ is the cardio workout where you are free to enjoy the sensation of dance. ... So grab a friend, get front and center, and get high on the feeling of dance. Like all the LES MILLS™ programs, a new BODYJAM™ class is produced every three months with new music and choreography.

Les Mills Body Pump

A motivating and rewarding class designed to shape and tone muscles to get results fast. This class uses free weight exercises under expert instruction.

Bootcamp

Intense circuit style class to work the whole body, developing fitness, strength and conditioning.

Chair Based Exercise

An ideal introduction to physical activity for those with mobility or general fitness issues.

Circuits

A selection of popular cardio and weight training exercises brought together to form a circuit. A great way to improve your fitness, strength and toning - sessions of various levels available - Active Heart Circuits, Gentle Circuits and Absolute Beginners Circuits (ABC).

Climb Fit

A Cardio Boosting Plyometric and Aerobic workout targeting all muscle groups with a boot camp feel!

Each session includes suspended exercises on our XHeight climbing walls to improve strength and flexibility, plus ground based exercises to improve cardiovascular and endurance.

Clubbercise

You'll LOVE Clubbercise! Fun, easy-to-follow dance fitness routines using rave glow sticks to club anthems from 90s classics to the latest chart hits, taught in a darkened room with disco lights.

Lower Body Conditioning

Lower body workout that aims to tone up those flabby areas of your thighs, bum and stomach, great for those who want to lose weight or even for those who simply want to improve their fitness levels.

Les Mills Core

Inspired by elite athletic training principles, LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

Family Circuit

Improving your children's gross motor skills, speed and agility with lots of fun thrown into the mix, whilst giving yourself a great workout at the same time. Fun for the entire family.

Flex & Balance

A series of simple yoga moves and embrace elements of Tai Chi and Pilates. You'll strengthen your entire body and leave the class feeling calm and centred

Function Fit/ Weekend Wake Up

An entire body workout that will challenge you in a new way each week. Circuit style boot camp training that will improve agility, tone, increase energy levels and cardiovascular endurance.

Groove It

GROOVE-IT MOVE-IT LOSE-IT

Groove It is a dance fitness class & a fun dance workout that helps you to achieve maximum calorie burn & a total body workout. We also flow through Barre, Yoga & Pilates inspired movements choreographed to chilled chart tracks. It is the ultimate workout for long, lean & flexible muscles.

HIIT

This full body, high intensity class will send your energy levels through the roof! Launch your metabolism into overdrive to burn fat for hours after the workout.

HIIT Step

Using the principles of High Intensity Interval Training, this class is choreographed to bespoke soundtracks created by some of the UK's top House DJs and is a high energy class that pushes you to new limits.

Legs, Bums & Tums

Aims to tone up exactly those areas. Expect squats, lunges and a range of lower body work to ensure your thighs, bottom and stomach get a little bit of extra attention. This workout requires no prior experience and is suitable for beginners to advanced level participants as options are given throughout.

Metabolic Fit

High Intensity workouts, blending circuit style explosive exercises and boxing based technique drills for hitting bags and pads for a fun and fast full body workout, with the purpose to burn a large amount of calories and build a lean physique.

Nordic Walking

Nordic walking is a Finnish-origin total body version of walking. The activity is performed with specially designed walking poles similar to ski poles. A great low impact activity for all abilities.

Otago

A fall prevention class which includes balance and mobility exercises. Working on core movements for those who wish to improve their ability to walk.

Pilates

Re-balance, re-shape and tone your body. Improves posture, strength and flexibility.

Les Mills RPM

(30mins, 45mins or 60mins) A great workout that delivers maximum results with minimum impact on your joints. Instructor led and virtual classes available.

Les Mills Sh'Bam

A fun-loving, insanely addictive dance workout. Sh'Bam is an ego-free zone – no dance experience required.

Les Mills Sprint

A 30 minute (HIIT) workout on the bike; high intensity with a short duration. Instructor led and virtual classes available.

Strength Coaching

Focusing on a range of techniques and drills to build strength in core muscle groups, with the support of experienced strength coaches.

Supple Strength

A blend of exercises drawn from Pilates, Yoga and body conditioning. A non-impact bodyweight workout which builds strength, balance and flexibility through a focus on posture, core stability and body alignment. Options are given throughout to ensure that this class is suitable for all levels.

Tabata

Tabata is high-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds! Great for both beginners, intermediate and advanced trainers. Also available as 30 minute class - Tabata Blast.

Tai Chi

An ancient Chinese exercise that uses gentle flowing movements to reduce stress, increase stamina and strengthen body and mind. Also available as a seated class.

Les Mills The Trip

A fully immersive experience that combines a 40 minute multi-peak cycling workout with a journey through digitally-created worlds using a wall to ceiling cinema-style digital screen.

Total Body Conditioning

Achieve all round results through toning exercises and resistance work using weights.

Warrior Fit

High intensity military style full body workout

Yoga

Improve relaxation, balance and flexibility using a combination of slow, precise movements and stretching; tone up, lose weight and feel invigorated. Stretch & Restore Yoga – lower level, ideal for beginners

Zumba

This high energy dance-based workout fuses Latin and international rhythms with an exciting workout. A great way to burn calories, tone your body and have fun. Zumba Gold - lower intensity variation. Aqua Zumba - pool based.