

CLASS DESCRIPTIONS

HATHA YOGA

Yoga is dedicated to physical health, emotional balance, mental clarity, and freedom of spirit. A regular practice of yoga builds strength, flexibility, self-esteem, discipline, concentration and focus. Yoga improves mood and tones the body. We include key principles of yogic philosophy to enrich your spirit and invite you to a deep contentment and connection to your inner strength.

BEGGINERS STEP AEROBICS

This is a classic classes that been around for many years and still attracts many people. It is basically basic stepping combinations combined with rhythmic and conditioning exercises.

AERO-BER-TONE

I mixture of a class using basic aerobic routines, generalizing on upper and lower body. With a blend of toning exercises thrown in. This class uses a small selection of equipment, but the use of this equipment will result in an all over body conditioning class with amazing results.

LEGS.BUMS AND TUMS

A conditioning class that involves the use of equipment, such as hand weights, body bars to improve, tone and strengthen, after a thorough warm-up. Floor work is also included to strengthen and tone those important areas.

STEP CIRCUITS

Whole body workout, working on and off an aerobic step. This class will involve the use of equipment such as hand weights, body bars and core stability balls. A great cardio workout for burning all those unwanted calories.

EASYLINE CIRCUIT

The easyline circuit is based on a 30 minute express workout. This circuit is made up off 9 resistance machines that work from the use of gas cylinders rather than the conventional steel weight stack. This means that the workload on each machine is judged by the effort put in by you. This is a high rep workout for the best cardio and toning results. Extra stations may also be included to increase the circuit size i.e. skipping or stepping etc. This circuit is ideal for all ranges of physical fitness and abilities. Is so easy to use and offers the best results in just 30 minutes a class.

PUMP-IT!

Pump-It! is a group exercise class using barbells with adjustable weights. It works the major muscle groups via a series of exercises including squats, presses and lifts. Designed to tone and condition muscles while raising metabolic rate for rapid fat-burning.

CORE-BALANCE.

Core-balance is three work outs in one tai-chi, yoga and Pilates that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

TAI-CHI-QIGONG

Qigong is a formulated set of movements coordinated with the breath which induces and guides the vital energy Qi through and around the body.

MIX-IT-UP

This new class is based around three of the most popular classes. Step, circuits and LBT. This class features characteristics of all three workouts combined into one high energy workout. If your not sure what class is for you try this and get a better understanding of each discipline or just stick to this unique 3 in 1 workout and "Mix-It-Up".

AEROBICS & TONE

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