**Class Descriptions**

**BODYCOMBAT™**

is an empowering cardio workout where you are totally unleashed. This wildly energetic program is inspired by Martial Arts and draws from a wide array of disciplines such as Kung Fu, Taekwondo, Tee Kwon Do, Tai Chi and many more. Combine this with the power of music and you will discover that you have unleashed your own power and potential.

**BODYPUMP™**

is the original barbell class that strengthens your entire body. This 60 minute workout challenges all your major muscle groups by using the best weight rooms exercises like Squats, Presses, Lifts and Curls. Great music, awesome instructors and your body making the changes you want to see. But you have to be prepared for hard work...results you came for - and fast!

**LBT**

is a class inspired by the Marine Commando and a national gymnast. The Metafit™ bodyweight training system is Created by a former Royal Marine Commando and a national gymnast. Metafit™ combines traditional bodyweight exercises with the latest interval training techniques to set the metabolism on fire. To benefit from Metafit™ you need to change the existing metabolism and movement patterns. Metafit™ is designed to give you a solid foundation and the ability to change the way your body burns calories with minimal impact on the body. Training is performed using basic and functional exercises like Squats, Presses, Lifts and Curls.

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**ZUMBA®**

is a spicy hot, hip swivelling workout which mixes African, Caribbean and Latin dance moves with aerobic movements to create a fun and effective workout. No expensive or hard to use kit required.

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**PILATES**

is the empowering total body workout. This 60 minute workout challenges all your major muscle groups by using the best weight rooms exercises like Squats, Presses, Lifts and Curls. Great music, awesome instructors and your body making the changes you want to see. But you have to be prepared for hard work...results you came for - and fast!

**YOGA**

is a fun and invigorating all over body workout where African, Caribbean and Latin dance moves are combined with a variety of challenging moves to create a fun and effective workout. No expensive or hard to use kit required.

**VIRTUAL CLASSES**

Virtual classes are designed for people who cannot get access to our live classes or who want to get a ‘taste’ of a class before taking a live class with an instructor. The classes are played on a big video screen, with dimmed lighting and ambient music unable to hear the instructor. To participate in the class you will need a computer or tablet with webcam and microphone, and a choice of weights inspire you to get the best from each workout. Results you came for - and fast!

Tell us how your workout went by using the hashtag #feelbetterforit

**Live Classes**

Live classes are led on screen by the people who actually choreograph the classes. There is a variety of virtual programs and class durations available, so check the club’s timetable for details and give it a go!

Timetable correct as of January 2018. Any updates to this timetable will be made online at www.everyoneactive.com. Studio time is available for hire. Please contact the Centre Reception for details.

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