Sapphire Ice & Leisure

Book your class using www.everyoneactive.com

Class Descriptions

BODYATTACK™ is like sports-inspired Training sessions for building strength and stamina. This high-energy interval training class combines aerobic moves, movements with strength and stabilization exercises. Dynamic, instructional and powerful music creates an electric atmosphere.

BODYBALANCE™ is the empowering cardio workout where you are totally unleashed. This lively energetic program is inspired by T’ai Chi and draws from a wide array of disciplines such as Hatha,阴 Yoga, TaekWondo, Chi, Tai Chi and Pilates. It uses powerful and fluid moves to sculpt, Strike, Punch, Kick and align your way through cardio circuits.

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Robust cycling on stationary bikes. Cycles to top 450 calories per 30mins will complete your journey to burning heavenly calories.

Box Fitness has a fun, non-contact boxing training class providing a great workout for all fitness levels. Concentrating on boxing moves in a circular format, this class will help you to develop the skills and quality of boxing.

HIIT is the indoor cycling workout where specific intervals of high and low power are repeated. Take on the terrain with your inspiring team coach who leads the pack through hills, mountain passes, plateaus, time, and interval training. Develop your aerobic and anaerobic qualities through engaging and stimulating high and low intensity intervals.

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Virtual Classes

Virtual classes are designed for people who cannot get to the studio, either due to time or mobility. The classes are live steamed, with enabled sound and viewing options. They are free to access for members, and £4.99 for non-members.