**Virtual Class** 
Suitable for fourteen years and over, must be accompanied by an adult.

**Group Exercise Programme**

**Class Descriptions**

**BODYPUMP™**
This is the original barbell class providing a great workout for all fitness levels. Featuring simple but effective work out. Great music, great lighting and pumping surround sound, an instructor. The classes are played across Studio 1 and Studio 2 and are new or returning to exercise.

**CXWORX™**
This is the perfect way to shape up and stay fit and have fun! A fun and invigorating all over body workout that effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise. **Virtual Classes**
Virtual classes are designed for people who cannot get access to our class or who want to get a taste of a class before taking the class with an instructor. The classes are played on a laptop, big screen and iPad with great lighting and pumping surround sound, and are instructions by the people who would normally be instructing the class. It is a variety of virtual programs and class durations, all designed to give you a fun and safe workout. Please check our timetable for details and give it a go!

**BODYPUMP™ 90**
This is the original barbell class providing a great workout for all fitness levels. Featuring simple but effective work out. Great music, great lighting and pumping surround sound, an instructor. The classes are played across Studio 1 and Studio 2 and are new or returning to exercise.

**BODYPUMP™ EXPRESS**
It is the perfect way to shape up and stay fit and have fun! A fun and invigorating all over body workout that effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.

**HIP HITT**
This 60-minute workout challenges all major muscle groups. This is a full body workout, focusing both cardio and resistance exercises to motivating music to get you to your goal.

**HIIT**
This is a fun, non-contact boxing class providing a great workout for all fitness levels. Combining high intensity exercises in a circuit format, this session will effectively tone the upper body and increase intensity and strength.

**SH'BAM™**
A pilates based session to centre and may include badminton, tennis, swimming, kickboxing. Unwind & Re-energise
Travel in time to ancient Egypt with stretches and spiritual disciplines. Developed over thousands of years these sessions are new or returning to exercise.

**Group Cycling**
Aerobic movements with strength training class combines athletic aerobic movements with strength and stretches. Combining high intensity exercises is proven to burn the best results, combining high intensity exercises followed by rest, allowing you to work on your own maximum, helping you to get more out of your workout and in less time....and also increases the rate at which you burn calories post workout!

**BODYPUMP™ 90 EXPRESS**
This is the perfect way to shape up and stay fit and have fun! A fun and invigorating all over body workout that effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.

**BODYPUMP™ 30**
It is the original barbell class providing a great workout for all fitness levels. Featuring simple but effective work out. Great music, great lighting and pumping surround sound, an instructor. The classes are played across Studio 1 and Studio 2 and are new or returning to exercise.

**BODYPUMP™ EXPRESS 30**
It is the perfect way to shape up and stay fit and have fun! A fun and invigorating all over body workout that effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.

**Box Fitness PLUS**
A fun and invigorating all over body workout that effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.

**Box Fitness PLUS 60**
A fun and invigorating all over body workout that effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.

**Box Fitness**
A fun and invigorating all over body workout that effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.

**Fitness Pilates**
These sessions are designed to concentrate on slow and sustainable movements in order to create lean and stronger muscle around your body. It is also great for improving posture, flexibility and preventing injury. **Yoga One of the world’s most practiced spiritual disciplines. Developed over thousands of years these sessions concentrate on bringing balance and harmony to both body and mind, through posture and breath. They can help to increase flexibility, balance, relaxation and core posture alignment.

**Aqua**
A fun and invigorating all over body workout that effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.

**BODYPUMP™**
This is the original barbell class providing a great workout for all fitness levels. Combining high intensity exercises is proven to burn the best results, combining high intensity exercises followed by rest, allowing you to work on your own maximum, helping you to get more out of your workout and in less time....and also increases the rate at which you burn calories post workout!

**SH'BAM™**
Featuring simple but seriously hot dance moves, SH'BAM™ is the perfect way to shape up and let out your inner star - even if you’re dance challenged! Set to a soundtrack inspired by the most classic modern and international beats, SH'BAM™ is the ultimate fun and invincible way to exercise. Each 45-minute SH'BAM™ class is vibrant, unique and varied - a great way to get fit and have fun!

**Zumba®**
A fun, high energy, dance based workout that allows you to burn up to 450 calories per 30mins will completely redefine your journey to calorie burning heaven.

**Bal Fitness**
Bal Fitness is a fun, non-contact boxing class providing a great workout for all fitness levels. Combining high intensity exercises in a circuit format, this session will effectively tone the upper body and increase intensity and strength.

**Box Fitness EXPRESS**
A fun and invigorating all over body workout that effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.

**Box Fitness EXPRESS LOW**
A fun and invigorating all over body workout that effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.

**Box Fitness EXPRESS LOW 60**
A fun and invigorating all over body workout that effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.

**Box Fitness EXPRESS 60**
A fun and invigorating all over body workout that effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.

**Box Fitness EXPRESS 30**
A fun and invigorating all over body workout that effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.

**Box Fitness EXPRESS LOW 30**
A fun and invigorating all over body workout that effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.

**Box Fitness EXPRESS LOW 15**
A fun and invigorating all over body workout that effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.

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**Box Fitness EXPRESS LOW 15**
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Tell us how your workout went by using the hashtag #feelbetterfit