**Westcroft Leisure Centre**  
**Group Exercise Programme**

### Class Descriptions

**BODYCOMBAT™** A dynamic class inspired by martial arts and dance. The intensity and challenges offered are adaptable so you can maximise your calorie burn and achieve your fitness goals.

**conditions:** - It is recommended that you wear loose fitting clothes and bring water to drink after the class.

**BODYPUMP™** - A popular circuit based class that strengthens your entire body. This 60 minute workout challenges all your major muscle groups by using the best weight exercise moves such as Squats, Presses, Upright Rows and Lunges. Great music, awesome instructors and a chance to burn over 500 calories and tone every inch of your body...and have fun all at the same time. Everyone Welcome.

**Boxercise™** - an exciting, energetic, and challenging kickboxing class that combines the most popular boxing moves with a mix of rhythm and movement. Develop strength, flexibility and balance as you work on your cardiovascular fitness. Great for all ages and levels.

**Core Blimey** - Want a six pack? These popular circuit sessions are ideal for returning and seasoned customers. A blend of intensities will give you 'real results' and a chance to tone the upper body and increase stamina at the same time. These sessions tighten and tone up those stomach buttons and strengthen those arms whilst challenging your heart and lungs with some fun calorie burning exercises.

**Circuits** - These classes are designed to improve cardiovascular and lower body strength in addition to toning up the upper body. They are suitable for anyone looking to tone their body and feel great. A basic level fitness is required.

**Deep Aqua Workout** - A fun and invigorating workout that is completely non impact on the body. Great for those who need to avoid any impact on the joints and can be especially beneficial for those with mobility issues.

**Go Tri Classes** - These sessions are tailored to help train for your programme as part of their normal routine.

**HIIT** - This session is a high intensity, low impact workout that combines cardio exercises with resistance training. It is suitable for anyone wanting to improve and are taken by our proven to give the best results, combining proven to give the best results, combining

**Insanity™** - A high-intensity interval Training. Experience the extreme fitness of 12 weeks of INSANITY's high-intensity activity forces you to push yourself to your limits, combining short intervals of intense exercise with maximum-intensity recovery periods. INSANITY™ is not for the faint-hearted... but the results will blow you away with its incredible body transformations.

**Insanity Max 30™** - A 30 minute high intensity interval training programme which replaces traditional moderate-intensity exercise with maximum intensity exercise, and trades short intervals of intensity for short periods of high-intensity periods. This will keep you on your toes with no let up. This programme is designed to see serious results and to be the kickstart to your fitness goals.

**Jazzercise®** - A martial arts based fitness exercise that is fun and non contact. Combining a variety of moves into a fusion format, this class will effectively tone the upper body and increase overall strength.

**Line Dancing** - A fun and exciting dance that includes a variety of dance steps, bars and bands. It is a great way to learn new steps, burn calories, and burn carbohydrates and fat more efficiently. These are different levels for each class, and if you are a beginner, you can get a great workout!

**Low Impact Aerobics** - A low impact, non impact on the body workout, this low impact version of our popular circuit sessions is ideal for returning customers. This circuit format, this session will effectively burn up to 80 calories per session, and is a great way to burn calories post workout!

**Pilates** - Exercising your core, improving your posture, and increasing flexibility and balance. Suitable for anyone wanting to improve posture, flexibility and balance.

**Porch Dance®** - A community dance class in which you can dance in your living room or garden. It is a fun and interactive way to exercise.

**Pilates** - A low impact, non impact on the body workout, this low impact version of our popular circuit sessions is ideal for returning customers. This circuit format, this session will effectively burn up to 80 calories per session, and is a great way to burn calories post workout!

**BODYPUMP™** - A popular circuit based class that strengthens your entire body. This 60 minute workout challenges all your major muscle groups by using the best weight exercise moves such as Squats, Presses, Upright Rows and Lunges. Great music, awesome instructors and a chance to burn over 500 calories and tone every inch of your body...and have fun all at the same time. Everyone Welcome.

**Zumba®** - A fun and invigorating all over body workout in the water designed to effectively burn calories with minimal impact on the body. Great for those who are new to returning to exercise.

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

**Total Tone Every Day** is a solution to the tried and tested water based workouts it is in deep water and is suitable for all fitness levels.

**Deep Aqua Workout** - This session is an impact water based workout in the water and is fantastic for all over body conditioning.

**Swimming** - Learn swimming for distance, training for triathlon.