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

Friday

Studio time is available for hire. Please contact the Centre Reception for details.

Class Descriptions

Silver Aerobic 60s

Burn that last bit of fat! Award-winning, 60-minute class that combines, low, high and mixed intensity exercises.

BODYATTACK™

This high-energy interval training class combines dynamic, athletic movements and powerful music. Dynamic, powerful, continuous movements – for the minimum amount of time.

BODYPUMP™

A challenging workout that tones up and strengthens the body with movements designed to work muscles into a more toned and powerful shape.

CARDIO KILLERS

This class combines athletic aerobic movements with the use of non-contact, providing a great full body workout in the water designed to effectively burn calories with minimal impact on the body. Great for those who want to get a ‘taste’ of a class before taking part.

Circuit Training

A session that tones up and strengthens the body. This 60-minute workout challenges all your major muscle groups by using the best strength and resistance exercises. Finess, fitness, strength, stamina, endurance, delivery all paid benefits to every part of the body. Adaptable and adaptable to all levels of fitness from beginners to advanced exercisers.

Dance Fitness

A 60-minute workout that incorporates the use of hand weights, step, step and barbell. Great music, awesome drum sound, and are led onscreen by the people whose songs are played on a big video screen, with a live class with an instructor.

HIIT

High Intensity Interval Training

This is the original barbell class - and fast! Incorporating the use of hand weights, step, step and barbell. Great music, awesome drum sound, exercises.

Kettlebell

This small, bell shaped weight.

Total Toning Every class is what we call the fun and routine combination, giving you a great workout for all fitness levels. Concentrated on using one circuit format, this class will effectively target the upper body and lower body in strength and stamina.

Total Toning

A challenging workout that tones up and strengthens the body. This 60-minute workout challenges all your major muscle groups by using the best strength and resistance exercises. Finess, fitness, strength, stamina, endurance, delivery all paid benefits to every part of the body. Adaptable and adaptable to all levels of fitness from beginners to advanced exercisers.

When you want to get a ‘taste’ of a class before taking part.

BODYPUMP™

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Low Impact

A low impact class that aims to increase stamina and strength. This high-energy interval training class combines dynamic, athletic movements and powerful music. Dynamic, powerful, continuous movements – for the minimum amount of time.

Core Conditioning

This low-impact class is designed to be fun and challenging at term times only. Check with your Group Fitness team for more details.

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