



LEISURE CLUB

Body Transformation	Strength & Conditioning	Rev it up Interval training	Happy Heart	Aqua Aerobics	Spin Bike blast
Class designed to improve your body composition using interval training teamed with cardio & resistance exercises for maximum results.	A Mixture of resistance training, compound lifts & circuits designed to work the major muscle groups, a great way to build stamina and improve resistance and energy levels.	A 30 minute high intensity training session designed to help step up your workouts, this class is coupled with Strength & Conditioning and StrongHer, test yourself by taking a double class, another great way to build resistance and energy levels.	Moderate training to help improve cardio, great for anyone with cardiovascular problems, anyone recovering from an injury or just looking for a less intense workout to help get started.	Our Swimming Pool class, An aerobic workout with the added benefit of in water exercise and a lot of fun. Great for promoting muscle recovery and an excellent Cardio workout.	A primarily Cardio Based work out using our top class Spin Bikes, class will vary with different speeds, climbs & intensities. Great for help building endurance
Boxercise	Cardio Core & Circuits	Barbell Blast	50/50	Strong Her	PT Sessions
A non-contact, energetic Boxing Style Workout, Guaranteed to burn calories while relieving stress.	A series of circuits designed to drive your cardio endurance up while keeping your muscles loaded for strenght training. A highly motivated class pushing you to push yourself.	An effective class using light to moderate weights with lots of repitions, Barbell Blast gives you a total body workout. Excellent class to improve overall conditioning, agility & speed.	30mins Body Burn- A high energy class combining cardiovascular, resistance & Muscular training. 30mins TRX A bodyweight workout improving strength, balance, flexibilty and core .	Become Strong, empowered and confident whilst sculpting your body. StrongHer is a ladies only weight training session designed to introduce/improve technique on compound movements.Learn to lift confidently & Effectively	Single and Group PT Sessions available contact leisure desk for more information