



LEISURE CLUB

Stretch & Core	TRX / HIIT Combo	Barbell Blast	Happy Heart	Aqua Aerobics
<p>Class designed to improve your body composition using interval training teamed with cardio & resistance exercises for maximum results.</p>	<p>TRX is a bodyweight workout improving strength, balance, flexibility and core followed by 30 minute high intensity training session designed to help step up your workouts.</p>	<p>An effective class using light to moderate weights with lots of reps. Barbell Blast gives you a total body workout. Excellent class to improve overall conditioning, agility and speed.</p>	<p>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.</p>	<p>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.</p>
Boxercise	Spin & Core	Strength & Sculpt	Private Swimming	PT Sessions
<p>A non-contact, energetic Boxing Style Workout, Guaranteed to burn calories while relieving stress.</p>	<p>A high intensity 30 minute spin session followed by a mixture of core exercises to trim body fat and improve tone.</p>	<p>A fantastic ladies only class designed to build strength and tone muscle as well as sculpt your body while burning body fat.</p>	<p>One to one and group lessons available to suit individuals and family groups. (Adults & Kids)</p>	<p>Single and Group PT Sessions available contact leisure desk for more information</p>