



## LEISURE CLUB

Body Blast Aerobics	TRX / HIIT Combo	Rev it up Interval training	Happy Heart	Aqua Aerobics	Bikes, Bars & Bells
<p>Class designed to improve your body composition using interval training teamed with cardio &amp; resistance exercises for maximum results.</p>	<p>TRX is a bodyweight workout improving strength, balance, flexibility and core followed by a 30 minute high intensity training session designed to help step up your workouts.</p>	<p>A 30 minute high intensity training session designed to help step up your workouts, this class is coupled with Strength &amp; Conditioning and StrongHer, test yourself by taking a double class, another great way to build resistance and energy levels.</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>	<p>A mixture of spinning combined with kettlebell, dumbbell and barbell reps designed to work the major muscle groups. A great way to build stamina and improve resistance and energy levels.</p>
Boxercise	Cardio Core & Circuits	Barbell Blast	50/50	Strong Her	PT Sessions
<p>A non-contact, energetic Boxing Style Workout, Guaranteed to burn calories while relieving stress.</p>	<p>A series of circuits designed to drive your cardio endurance up while keeping your muscles loaded for strength training. A highly motivated class pushing you to push yourself.</p>	<p>An effective class using light to moderate weights with lots of repetitions, Barbell Blast gives you a total body workout. Excellent class to improve overall conditioning, agility &amp; speed.</p>	<p>30mins Body Burn- A high energy class combining cardiovascular, resistance &amp; Muscular training. 30mins TRX A bodyweight workout improving strength, balance, flexibility and core .</p>	<p>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 &amp; Effectively</p>	<p>Single and Group PT Sessions available contact leisure desk for more information</p>