



LEISURE CLUB

Body Blast Aerobics	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	Cardio Core & Circuits	Fighting Fit	Private Swimming	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>A great mix of Boxercise, Combat training and Circuits. Excellent class to improve overall conditioning with a helping of combat training using boxing gloves and pads.</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>