**Aqua**

Using water resistance aqua aerobics is a great way to get active It is a low intensity resistance workout ideal for recovery or improving joint mobility and bone density.

**Bootcamp**

A fitness boot camp is a type of group exercise class that mixes traditional calisthenic and body weight exercises with interval and strength training.

**Spin**

High tempo cardiovascular workout sure to get the heart rate pumping. Ideal for weight loss.

**Spin and Tone**

A 45-minute class with a mix of cardio and toning. This class focuses on toning the abs and lower body.

**XXX**

This is an hour long high intense workout that includes 20 mins of upper body weight training, 20 mins lower body weights training and 20 mins of fast cardio to get the heart rate up. Ideal for people looking for a fast tempo all body blast.

**Active 55**

This class is specifically designed for clients to ease them in to exercise. This class is based on low intensity exercises to strengthen bones and muscles while also toning the key muscular groups

**Body Blitz**

 This is an all body workout that includes high tempo cardio exercises and a full body pump light weights session great to tone up and burn off any unwanted calories

**Summer Gains**

 A great way for young adults (13 years – 17years) to learn the techniques and skills involved in weight training with a great introduction into the world of fitness to set them on the right course in the gym.