

# Adult Timetable

More classes and more opportunities to achieve your goal

## Class Descriptions

### Relaxing and Specialised Classes:

A variety of classes for everyone, to relax the mind and body and improve strength, flexibility and posture.

#### Tai Chi

Very controlled exercises linked in flowing movements. A whole new experience for those who want to try this traditional form of martial arts.

#### Yoga

A specialised class using techniques to help tone and stretch the muscles as well as relax the mind and body.

#### Pilates

Strength and relaxation for body and mind, improves posture and mobility.

#### Totally Balanced

A nice and easy class focusing on improving balance and posture as well as strengthening the stomach and back muscles. This class will help to prevent trips and falls in later life.

#### Total Circuit

A great all rounder. Anyone can join in but be ready for a challenge. An all over body workout not only for the heart and lungs but to help tone and strengthen those muscles.

### Aerobics Classes:

Get the heart and lungs working. Great fun and motivating.

#### Total Active Aerobics

A workout incorporating aerobic and dance moves, ideal for the member new to the studio, or the more mature person who wants the basic moves and needs to start at an easy level.

#### Total Aerobics

A little more energetic, a bit more challenging offering different moves and direction.

#### Total Combat

A fighting fit fun class, self defence disciplines including Kickboxing, Tai Chi and Karate. It will have you fighting fit in no time.

#### Total Salsa

A great class for everyone to get their hips moving and get into the salsa mood, great fun and great music.

### Aqua Classes:

#### Aqua Aerobics

A class based in the small pool consisting of aerobic type moves in the water to increase mobility, improve fitness, muscular strength and endurance.

#### Aqua Mobility

A gentle class introducing people to exercising in water. An ideal class for beginners.

#### Ai Chi

Using the moves and breathing techniques of Tai Chi, this pool based class taught to the background of tranquil music provides the perfect stimulus for both mind and body.

#### Aqua Combat

Using techniques from land based martial arts with the added resistance of water. Try this hard hitting class and prepare to go into battle to combat the fat.

#### Woggle Workout

All over body workout using woggles. From warm up to cool down - working on both strength and endurance and improving stability and co-ordination.

### Toning Classes:

A workout for everyone using different equipment to tone the body from head to toe.

#### L.B.T.

A workout that focuses on the legs, bums and tums.

#### Total Tone

A class which uses a variety of equipment including barbells, dumbbells, fitballs, bands and much much more to help you achieve that toned look.

#### Total Pump

This is set to music using weights from the gym floor, fantastic for muscle tone, strength and endurance.

You will see great results.

#### Total Active Tone

For people with very little fitness experience and the more mature, a gentle class using your own body weight or slight resistance to improve muscle tone and shape.

This class will also help you perform daily living activities.

### Total Spin:

#### Spin 101 (Beginners)

45 minutes incl. 15 minutes of bike set up. For complete beginners. Learn the basic terminology and techniques in this perfect introduction to the world of spin. Give it a try, earn your stripes and then progress to the more advanced classes.

#### Spin 'n' Chill (1)

45 minutes. When a 'lighter approach' is required this is the perfect recovery workout following that hard training day or a great way to unwind and de-stress. Once engaged in a hard training programme the 'recovery' workout is a vital ingredient to promote adaptation to exercise and help you achieve your training goals. Use it to cool down or as a relaxing 'chilled' fat burning workout in its own right.

#### Spin Express (1, 2)

30 minutes. A quick fix to challenge your cardio-vascular fitness. Riding jumps, hills and sprints this class will inspire you to a new level of fitness when time is short to achieve your goal.

#### Spin Climb (2, 3)

45 minutes. For the experienced spinner, this class is a time-trial challenge from bottom to top. A class for the pure climber. Ascend the Alps, Pyrenees and Rocky Mountains – the choice is yours, drive hard all the way to the top and watch your fitness level climb with you.

#### Spin Extreme (3)

60 minutes. This class takes spin to the extreme. Come prepared to challenge your mental and physical fitness as you tackle the jumps, long climbs and sprints across varied terrain. Incorporating race techniques your riding will be stronger than ever once you have mastered this class.

### Step Classes:

#### Basic Step

Basic moves to get you used to your step. Get confident and fit at the same time.

#### Total Step

Upbeat workout bursting with step 'n' style.

#### Step and Tone

Simple step moves or combinations, not too complex, combined with conditioning exercises.

These are the basic classes that we provide for your enjoyment. However, every club is different and will promote variations of these classes. If there is a class on the timetable that you are unsure about please ask at reception