

## **CLASS DESCRIPTIONS**

### **CARDIO VASCULAR CLASSES**

**BODY ATTACK** – A simple hi-energy class that caters for all levels. Combined sports training cardio vascular moves, along with upper and lower body conditioning exercises makes this an explosive experience and leaves you eager for more.

**BODY COMBAT** – Punch & kick your way to fitness in this awesome martial arts class set to music.

**BODY JAM** – The moves and grooves to make you dance like the best; Funk, Latin, Hip-Hop and Broadway Jazz.

**ZUMBA** - A fusion of Latin, Salsa, Meringue, Cumbia and Reggaton, mixed with Flamenco, Rumba and Calypso.

### **BODY CONDITIONING CLASSES**

**DANCE 'N' TONE** – A mixture of dance to keep your heart & soul healthy, with some resistance/strength work.

The perfect balance!

**BODY PUMP** – Top quality weight lifting & resistance programme, using Barbells. Define + strengthen = look & feel good!

Designed to boost posture, stability and strength. A toning class for all ages and abilities.

**FITBALL CONDITIONING** – Pure core stability in this session, the unstable surface of the ball avoids any cheating!

Providing a symmetrical workout that is fun and challenging.

**ABSOLUTION** – 'No frill, just drills.' Traditional abs class, back to basics. Ab curls, reverse curls, oblique curls plus....

A total abs blast to give you the stomach you've always wanted!

### **STEP CLASSES**

**STEPPING OUT** – Power-step class. Dynamic, jam-packed and addictive group workout.

### **CHILDREN'S CLASSES**

**MELS MOVERS** – A fun fitness class for 7-11yr olds.

**KIDZ SPIN** – Come along with or without a parent and enjoy this family favourite. Children over 1.4m tall only.

**DANCE MINI'S** – A fun mix of International dance styles, tailored for your 'mini's' – 4,5 & 6 year olds!

**DANCE DIVA'S** – A mixture of dance styles from Cheerleading to Street Dance for 7-15 year olds.

**KIDZ CARDIO CIRCUITS** – Great classes to increase kids endurance, strength & flexibility.

### **SILVER CLASSES**

**SILVER LINING & SILVER SERVICE** – Sensible but effective cross training classes for the young at heart!

### **MIND & BODY CLASSES**

**BODY BALANCE** — This class will strengthen your mind as well as your body. Drawing on the moves from Yoga, Pilates and Tai chi. A strong combination to challenge your legs, arms and core, giving you a more toned, leaner physique.

**PILATES BASED MATWORKS** – Based on Joseph Pilates' core stability exercises. These classes target the deep postural muscles and are recommended for those with neck/back pain, sports injuries and stress related illness.

**HATHA YOGA** – Asanas (postures) and Pranayama (breathing) to encourage mind and body fusion.

**GENTLE YOGA** – Exercises for energy, flexibility and relaxation.

### **BODY SCULPTING**

**YOGA FITNESS TRAINING** – Incorporating deep stretch yoga postures & pilates exercises.

Improving flexibility, posture & core strength.

### **SPORT BASED CLASSES**

**POWER WALKING** – A group walk outside of Beechdown grounds to really set you up for the day.

*(This session is not applicable to members whose children use the crèche facilities.)*

**SPIN** – Indoor Cycling. An intense and motivating group workout: it's effective.

**TECHNICAL TRAINING** – Learn how to set up and use the bikes before the class.

### **CROSS TRAINING CLASSES**

**MONDAY MOTIVATOR** – A friendly session that mixes and matches a variety of aerobic and toning techniques.

**SUPER CIRCUITS** – Boot Camp style circuit for all abilities.

**BOXERCISE** – One of the best forms of cross-training/circuits today. Combining aerobic, interval training as well as working all major muscle groups. Whether you're fit, young or older, or just want to have fun. This class benefits all.

**FUNCTIONAL FITNESS TRAINING** – A class that mimics how we use our body's in everyday life i.e. ALL our muscles.

Build your strength, resistance and stamina, add kettle bells, the TRX and Vipers – 'voila' awesome workout!

### **AQUA CLASSES**

**AQUA FIT** – Training smart: the only hi-intensity, no-impact workout, will challenge your fitness, not your joints.

#### ***Exercise Advice:***

*It is essential that you choose a class that is suitable for your fitness level and ability. You should always let your instructor know if you are pregnant or if at anytime during a class you feel sick, dizzy or tired.*

*Please inform the instructor if you wish to leave a class before its end.*