

## SPORTSPARK CLASS DESCRIPTIONS

### **Aerobics & Dance Aerobics**

A physical exercise class combining rhythmic aerobics with stretching and strength training routines using high and low impact exercises. Dance Aerobics utilises more dance orientated choreography.

### **Aquafit**

Unlike aerobics on land, Aquafit is low-impact and the cushioning effect of the water protects joints in the spine, ankle, hip and knees.

### **BODYBALANCE™**

A Les Mills' yoga-based class with elements of Tai Chi and Pilates. Builds flexibility and strength, and leaves you feeling centred and calm.

### **BODYCOMBAT™**

A non-contact, martial arts-based fitness programme with moves drawn from karate, Tae Kwon Do, Kung Fu, kickboxing, Muay Thai and Tai Chi.

### **BODYPUMP™**

This Les Mills' toning and conditioning class with weights is for anyone who wants to add strength training to their aerobic workout.

### **Boxercise™**

Float like a butterfly, sting like a bee...

The world's most popular boxing fitness session will leave your stress on the canvas! Use a combination of pad work, skipping and circuits to give you a great all-round session.

### **Circuit Training**

This is a great way of improving your fitness in a balanced and structured way, working within the limitations of your own existing fitness levels, under supervision of our staff.

### **Dynamic Yoga**

A mix of traditional and oriental yoga, including dynamic flows, breathing practices and meditation to invigorate and balance the entire system.

### **Indoor Cycle**

Take group indoor cycling to a new level in our amazing Myride®+ Indoor Cycle Studio. Using Lifecycle GX bikes that feature a cycling computer to track your fitness stats throughout your workout there is no more guesswork – just calories burned and constant progression!

### **Legs, Bums and Tums (LBT) & Body Conditioning**

These aerobics focussed classes are designed to seriously focus on toning and sculpting specific body parts. They combine a mix of high/low impact moves with floor work for ultimate body toning.

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### **Pilates & Fitness Pilates**

Developed to offer a conditioning and toning technique that targets the deep muscles supporting the spine and major joints. Fitness Pilates is a more vigorous version that also increases core strength, flexibility and endurance.

### **Restorative Yoga**

A mix of restorative, yin and yoga nidra (deep yogic sleep) to help counteract a hectic lifestyle and ease you into a relaxing evening.

### **Step and Step & Tone**

An adaptation on the classic aerobics class involving a step set to a height that suits you. Keep in rhythm with the music while you follow directions from a qualified instructor. Our Step and Tone sessions incorporate additional muscle conditioning exercises using bodyweight, dumbbells or resistance bands.

### **Synrgy Circuit**

Using Sportspark's unique Synrgy system, take your fitness level to new heights with a high-intensity workout that covers all bases. Using a multitude of the most innovative functional equipment available, every session will offer a new challenge.

### **Swimfit™**

If you're looking for an alternative way to work out in the pool, then Swimfit is for you. This swimming fitness workout is led by instructors and will help you achieve your personal goals – whether you want to improve technique, tone-up, lose weight or become fitter and stronger.

### **Triple Challenge**

Step, Aerobics and Conditioning all in one fantastic body-shaping session.

### **Vinyasa Flow Yoga**

Using breath, body and continual movements, you will flow through a sequence of postures, cultivating self-awareness, self-enquiry, discipline and grace. The practice of vinyasa yoga is cardiovascular and can increase muscle strength, endurance and flexibility.

### **Yoga**

In this class we focus on the postures, including some dynamic poses. Release tension and stress, increase energy levels and learn to relax.

### **Zumba™ & Zumba Gold™**

Zumba™ is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements. Zumba Gold uses the same great Zumba formula but provides modified, low-impact moves for active older adults.