

SPORTSPARK CLASS DESCRIPTIONS

Mind & Body Classes

BodyBalance

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

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.

Dynamic Yoga

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

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 practise of vinyasa yoga is cardiovascular and can increase muscle strength, endurance and flexibility.

Restorative Yoga

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

Yoga

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

Cycle Classes

Indoor Cycle

Using ICG6 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.

Coach by Colour - Indoor Cycle class

Using ICG6 bikes monitor your training zones through a simple colour index so it's easy to follow the instructor and your workout at your own level while enjoying the group energy and music.

Aqua Classes

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 instructor led and will help you achieve your personal goals - whether you want to improve technique, tone-up, lose weight or become fitter and stronger.

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Martial Arts Classes

Body Combat

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

Cardio & Dance Classes

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.

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.

Step/Step & Tone

An adaptation on the classic aerobics class involving a step set to a height that suits you. Keeping in rhythm with the music whilst following direction. Our Step & Tone sessions incorporate additional muscle conditioning exercises using bodyweight, dumbbells or resistance bands.

Body Blitz

Body Blitz is a mix of all over body conditioning, strength, toning and cardio set out in an interval style training session.

Triple Challenge

Triple Challenge is a class combining step, aerobics and conditioning all in one fantastic body-shaping session.

HIIT Classes

HIIT

HIIT is a High Intensity Interval Training cardiovascular exercise class, great for those who are looking to work as hard as possible and burn lots of calories in a short amount of time - just 30 minutes.

Boxing HIIT

This HIIT class will consist of a combination of pad work, skipping and circuits using short sharp bursts to give you a great all-round session.

Row HIIT

A HIIT class using our indoor rowing machines. A total body workout that targets your arms, legs and core. A low impact option for those looking for a workout that is gentle on the joints but challenging on the muscles and cardiovascular system.

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HIIT Classes

Abs HIIT

A HIIT session focusing on your abdominals and your core strength designed to give you the definition you want.

Synergy HITT

A HIIT class using Sportspark's unique Synergy system, take your fitness level to new heights with a workout that covers all bases.

Les Mills GRIT Strength

Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups.

Strength & Conditioning Classes

BodyPump

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

Body Sculpt

This class is a form of exercise that uses weights or resistance bands, barbells, dumbbells and your own body weight to stress the muscles, sculpting the body.

Legs, Bums and Tums (LBT) & Body Conditioning

These aerobics focused 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.

Circuit Training

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 fitness advisors.

Les Mills Shapes

Get ready for a dynamic full-body, targeted workout that uses small, controlled movements and repetition to isolate muscles, sculpting and strengthening all areas of the body. Suitable for all fitness levels, we find the hot spot and stay there for as long as possible to develop core strength and flexibility.

Les Mills Tone

The challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level. LES MILLS TONE has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful.