

Fitness and dance classes

Summer vacation timetable class descriptions



Body conditioning class using barbells and bodyweight. Change the way you look and feel with this internationally renowned resistance training programme.

Winter Workout

The holiday season is just around the corner but don't worry! There is still plenty of time before you go shopping for your New outfit. So if you've been doing the same old fitness program for a while now, why not come and try the Winter workout. Banish those winter blues and get ready for the Holiday season. A full body workout is designed to increase overall fitness levels, shape and tone specific body parts. Suitable for all.



Burn calories, build CV fitness and tone on a stationary bike. Be inspired and motivated by the instructor but control your own resistance.



Freestyle Fitness Yoga is a contemporary approach to an ancient format. Incorporating deep stretch and yoga postures which targets flexibility, stability and strength.

Power Pilates

Slow gentle exercise with emphasis on breathing, core conditioning, and body awareness to strengthen and Power pilates streamline your body without stressing your joints. Weights are used if you wish.



The Zumba program fuses hypnotic Latin rhythms and easy to follow moves to create a fitness program that will blow you away. The routines feature interval-training sessions, where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba®.



The online fitness craze comes to the studio. Maximise speed, power and calorie incineration in this high-intensity super class.



Cardio combat style class. Punches and kicks are performed on free-standing punch bags to high energy music. Warning – can be very addictive, fun and a great workout!

Core Conditioning

A challenging class that strengthens and lengthens your torso. Focusing on balance, improving posture and reducing injuries. Fun, dynamic exercises suitable for all levels of fitness and capabilities. Tone your abs and power your core through body challenging exercises and the use of small equipment.

Legs, bums and tums

Low impact workout concentrating on the stomach and lower body.

Stretch, tone and relax

Stretch, tone and relax your body and mind for the perfect class at the end of the day or lunch.

parkrun (Pavilion)

Join us for a 5km fun Run



VeraFlow is just what you need to feel completely relaxed and content. Find your true flow in body and mind as you stretch your body and train your mind to the rhythm of the music. You'll leave feeling like you've had a full body massage, with your muscles strengthened yet relaxed and loose.



PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning, low-impact workout. By introducing you to dynamic, flowing sequences that can burn calories at the same time as they lengthen and tone your muscles and increase your flexibility.

Yoga/Express Yoga

Relaxing yoga class exploring a variety of core strength, core stability and breathing exercises. Yoga incorporates fluid aesthetic postures, stretches and exercises. Suitable for all ages, levels of fitness and flexibility. Express yoga - 30min classes

Dance Mix

Take a portion of Jazz, add some Funk, a hint of Hip Hop, a dash of Disco, a splash of Latin & essence of Street and your dance cocktail is ready! Different routines or adding on to your favorite one easy to follow suitable for all.

Relax & Unwind

Perfect way to end an evening. This 30min class is full of beautiful music to stretch, balance, breathe and relax too. Equipment maybe used.

Freestyle cycle

A vigorous cardio class. An exercise class on stationary bikes, perfect for any fitness enthusiast, recreational cyclist, beginners or serious racer. We warm you up, then take you on a guided cycle! You'll be sprinting short bursts, you'll be doing hill climbs, and also a little recovery in between the intervals. This is not just a bike ride, its a journey that you take with your class mates and your instructor motivating and guiding you along your journey.

Hatha Yoga

In this relaxing Yoga class we will explore a variety of strength and breathing exercises. The slow pace makes the class suitable for all levels and abilities, so that beginners can benefit as much as more advanced students. This class is suitable for all ages, levels of fitness and flexibility.

HIIT

High intensity interval training 30mins class
This class is designed to improve your muscular strength using a series of upper body exercise stations combined with lower body conditioning and intervals of aerobic exercises. It starts with a group warm-up. equipment may be
