## Fitness and dance classes

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Description</th>
<th>Duration</th>
<th>Equipment Required</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ab Attack</strong></td>
<td>Attack the abdomen with a powerful HIIT style class.</td>
<td>30 mins</td>
<td>-</td>
</tr>
<tr>
<td><strong>Body BLAST!</strong></td>
<td>A mixture of medium intensity and low impact workout with concentration on</td>
<td>45 mins</td>
<td>-</td>
</tr>
<tr>
<td><strong>Kindermusical</strong></td>
<td>The world famous Body conditioning class using barbells and bodyweight</td>
<td>50 mins</td>
<td>-</td>
</tr>
<tr>
<td><strong>Box Fit</strong></td>
<td>This class is not only physical but technical.</td>
<td>45 mins</td>
<td>mats, weights</td>
</tr>
<tr>
<td><strong>Circuits</strong></td>
<td>Station based workouts that deliver whole body approach exercises.</td>
<td>50 mins</td>
<td>mats</td>
</tr>
<tr>
<td><strong>Core and More</strong></td>
<td>If your looking for a class that has it all then this is it</td>
<td>45 mins</td>
<td>mats</td>
</tr>
<tr>
<td><strong>Dance Mix</strong></td>
<td>Take a portion of Jazz, add some Funk, a hint of Hip Hop,</td>
<td>1 hour</td>
<td>mats</td>
</tr>
<tr>
<td><strong>Freestyle Cycle</strong></td>
<td>Spin through a wide range of cardio elements of strength, endurance</td>
<td>45 mins</td>
<td>mats</td>
</tr>
<tr>
<td><strong>Hatha Yoga</strong></td>
<td>The slow pace makes the class suitable for all abilities;</td>
<td>45 mins</td>
<td>mats</td>
</tr>
<tr>
<td><strong>HIIT and Abs</strong></td>
<td>High Intensity Interval Training with abdominal work;</td>
<td>30 mins</td>
<td>mats</td>
</tr>
<tr>
<td><strong>Legs, bums and tums</strong> (LBT)</td>
<td>A group exercise classic! Low impact workout with concentration on</td>
<td>45 mins</td>
<td>mats, weights</td>
</tr>
<tr>
<td><strong>LBT HIIT</strong></td>
<td>High Intensity Interval Training incorporating the studio classic Legs, Bums</td>
<td>30 mins</td>
<td>mats, weights</td>
</tr>
<tr>
<td><strong>parkrun (Pavilion)</strong></td>
<td>Join us for a weekly timed 5km fun run.</td>
<td>5k</td>
<td>-</td>
</tr>
<tr>
<td><strong>Power Pilates</strong></td>
<td>Slow gentle exercise with emphasis on breathing and body awareness</td>
<td>50 mins</td>
<td>mats, weights, resistance bands</td>
</tr>
<tr>
<td><strong>Pure Sculpt</strong></td>
<td>An easy to follow class to release the body and mind.</td>
<td>50 mins</td>
<td>mats, weights</td>
</tr>
<tr>
<td><strong>Relax and Unwind</strong></td>
<td>Relax and unwind in this peaceful calm session, using easy to follow</td>
<td>50 mins</td>
<td>mats</td>
</tr>
<tr>
<td><strong>Spin</strong></td>
<td>Burn calories, build CV fitness and strength on a stationary spinning bike.</td>
<td>30 to 45</td>
<td>mats</td>
</tr>
<tr>
<td><strong>Stretch, tone and relax</strong></td>
<td>A rejuvenating class that nourishes the mind and body with stretching and</td>
<td>45 mins</td>
<td>mats</td>
</tr>
<tr>
<td><strong>Yoga/Express Yoga</strong></td>
<td>Yoga incorporates fluid ascetic postures, stretches and exercises.</td>
<td>30 to 45</td>
<td>mats</td>
</tr>
<tr>
<td><strong>Zumba</strong></td>
<td>Uses dancing as a way to make you come alive and stay lean.</td>
<td>45 mins</td>
<td>mats</td>
</tr>
</tbody>
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