

# FITNESS CLASS DESCRIPTIONS

## AQUA TONE

Take the plunge and use water resistance for a complete body workout. Two levels to suit all abilities.

## BELLY DANCING

Unique form of exercise with graceful, feminine and creative movements that can improve balance, posture and transform your body's inner and outer strength

## BODY BALANCE / BODY BALANCE EXPRESS

Combines the fundamental principles of Yoga, Tai Chi and Pilates; controlled breathing, flexibility and strength training will leave you feeling relaxed and re-energised.

## BODY COMBAT

All empowering non-contact workout inspired by a wide array of martial arts. Energetic music will drive you through as you punch, strike and kick your way to superior cardio fitness! No martial arts experience required. *Suitable for all!*

## BODY PUMP / BODY PUMP EXPRESS

Non-impact high-repetition weight training for the entire body. Squat, curl, lift and press for muscle endurance and aerobic conditioning. Let the games begin!

## CIRCUITS

Move station to station, performing short intervals of various cardio and resistance exercises.

## FITNESS YOGA

This class incorporates deep stretch, yoga postures and Pilates exercises. Every element is validated from a fitness perspective

## HATHA YOGA

Combines controlled breathing with bodily postures to challenge and refine your flexibility, strength and balance, aiding to bring about a sound, healthy body and a clear, peaceful mind.

## HI 30

Short, sharp and effective 30 minute workout based on the principle "Train until you can't – Rest until you can." Utilizing both bodyweight and free weights to fire up the athlete in you!

## JUNIOR CIRCUITS

A fun and active session for 11-15 year olds, with various circuit stations to help increase flexibility, co-ordination and overall fitness.

## MIDLINE XPRESS

Incorporates functional movement, focusing on strengthening the Glutes, Abdominals, Back, Chest and Shoulders.

## PILATES

Use slow and controlled movements to strengthen 'core' muscles which support and stabilise the spine, improve posture and realign the body.

## PURE STRETCH

Lengthen and revitalise your muscles with a gentle and effective sequence of static and moving stretches for the whole body

## SPIN-COACH BY COLOUR

Work at your fitness level with 5 colours on the bikes to measure intensity. Fitness test highly recommended for this class, please contact gym staff.

## SPINNING

An effective and intensive workout performed on stationary bikes. The class incorporates different levels of intensity using a mixture of speed and hill cycling. If you want a cardiovascular, non-impact workout that requires no co-ordination and burns calories fast, then Spinning is the perfect class for you!

## STEP 'N' TONE

A high energy aerobic workout using a raised platform to maximise toning for the lower body.

## WAIST UP & WAIST DOWN

Using bodyweight exercises, resistance bands and weights to add variety when working the various body parts.

## YOGA FLOW

This class uses flowing movements to prepare joints and body for traditional Yoga postures. It includes standing, balancing and seated postures as well as yogic breathing techniques (pranayama) and a ten minute deep relaxation at the end (yoga nidra).

## ZEN MEDITATION & MINDFULNESS

Learn the ancient ZEN practice and teachings of concentrating the mind and its positive effects on physical and mental health. Experience how these simple meditation techniques can improve your daily life experiences and enhance your overall wellbeing.

## ZEN YOGA

Learn how awareness of movement develops clarity of mind & actions. Mindfulness is focusing on the moment in this peaceful practice of moving meditation.

## ZUMBA

This fun and exciting fusion of Latin and International music features easy to follow body sculpting movements of varying rhythms to tone and burn calories. Feel good and get fit!

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