

Group Exercise Descriptions

AEROBIC TRAINING

R.A.W. - a Real Athletic Workout with high impact and plyometric moves to improve your cardiovascular fitness and general body shape. This challenging yet achievable workout is suitable for both men and women.

Hi-lo Aerobics - this class works on your cardiovascular fitness and coordination using simple choreographed sequences with high impact options for those who want to work harder.

STEP AEROBICS

Step and Tone - this class will use basic step patterns to improve your fitness level along with toning exercises to give your body great definition.

Start2Step - a class for those new to step or returning following a break.

Step Intermediate - this class is more choreographed for those who have stepped before and want an extra challenge!

YOGA CLASSES - great for developing flexibility, balance and core stability. Please refer to Mind & Body description leaflet for full explanations of our large variety of yoga classes.

PILATES CLASSES - great for strengthening abdominal area and long term back care. Please refer to Mind & Body description leaflet for full explanations of the large range of pilates classes.

CIRCUIT TRAINING

Circuit Training - an all-over body workout incorporating different stations with resistance and cardiovascular exercises.

Sports Circuit - this class takes place in the sports hall and incorporates SAQ (speed, agility and quickness) and sports drills to improve cardiovascular fitness, coordination and speed.

Running Circuit - man was born to run. Running can burn approximately 200% more calories than walking and this circuit style class provides the perfect forum to run free!

Interval Circuit - Interval training is one of the most effective forms of exercise. This class will focus on improving your strength as well as your speed, balance and core stability.

ABS CLASSES

General Abs - solely for your mid-section, this class will promote stronger abdominals and long term back care.

Abs Of Steel - a progression from a General Abs class. Get an even stronger back and more toned abdominals with seriously hard core exercises.

CONDITIONING CLASSES

Jukari - make fitness fun again with this unique workout! During the class you will get a sensation of flying and strengthen and lengthen your muscles at the same time. You will work on your core stability, strength and balance and most of all, you will have loads of fun! Exclusive to Reebok Club, all fitness levels welcome.

Fit Chick Workout - Easter egg calories? Burn them off before they get a chance to add inches to your hips. Using gliding discs to create fun and effective workout.

Super Sculpt - designed to improve definition and muscular endurance using light weights and resistance tubes. Get your body toned up in no time with this fantastic new workout.

Flexible Strength - a foundation class incorporating a fusion of yoga, pilates and resistance techniques. It will develop functional internal strength and improve the flexibility of the entire body.

Reebok Reps - using a barbell and gradually changing weight intensities, this popular class focuses on different muscle groups from upper body to lower body, giving an overall fat-burning and toning effect.

Flexi - Bar - the flexi - bar is a portable vibration training equipment. It is used for strengthening and toning and it's unbeatable for it's effectiveness. You can expect dramatic results, FAST!

WATER-BASED CLASSES

Aqua - this class is a mixture of fat-burning cardiovascular moves and body toning exercises. All are performed in the water to provide a fun, safe yet challenging workout that will improve your general fitness and lead to a stronger, leaner body.

Aqua Freestyle - this class rotates weekly between 3 class styles - Aqua Circuit, Aqua Aerobics and Aqua Conditioning. Great for keeping you motivated, fat-burning and body toning.

Aqua Super Circuit - a real body blast in the pool combining power aerobic moves with body conditioning exercises. One minute in each zone will take your aqua workout to a new level.

Triathlon Swim - this class uses swimming drills and technique coaching to improve general swimming technique and form. Triathlon Swim has an emphasis on improving swim times but non-triathletes are more than welcome.

PREGNANCY CLASSES

Pregnancy Fitness - this class will use a combination of cardiovascular, conditioning and pilates moves for a general workout for mums to be.

Yoga Antenatal - this class uses all the traditional principles of yoga but is tailor-made for pregnancy.

BOXING CLASSES

Fight Klub - a high energy class that takes you through boxing moves using the free-standing punch bags. Boxing gloves are highly recommended for this class and are available in the sports shop to purchase.

DANCE STYLE CLASSES

Ballet Fit - you will learn basic classical ballet moves that help tone and sculpt your body. All levels welcome. No previous ballet experience necessary.

Latino Aerobics - a fun and energetic workout inspired by the Latin/Salsa dance world.

Reebok City Jam Dance - this street style class will keep you moving and grooving to the latest beats in a fun and un-pressured environment.

Zumba - this class mixes body sculpting movements with various Latin, hip - hop and reggaeton dance steps. It's fun, energetic and suitable for all fitness levels. Ditch the workout and join the party!

OUTDOOR CLASSES

Power Walking - a low impact alternative to running that will burn off fat and calories in a non-pressured, fun environment.

Running Club - a forum for like-minded runners (beginners welcome) to run varied 7-10k routes come rain or shine.

EXPRESS CLASSES - 15/30/45 minute sessions geared for those with little time on their hands wanting to do some hard work.

INDOOR CYCLE

Indoor Cycle - you will learn the principles of effective studio cycling. Class content may either use the principles of interval training and/or endurance training.

Indoor Cycle Endurance - the emphasis is on cardiovascular improvement within a variety of intensity ranges. Be prepared for a long ride!

CORE TRAINING

The Ultimate Core Workout - develop your balance, stability and core strength. This class will give your abdominals the ultimate workout.

Sweat To Your Core - experience the new generation of stability ball training with the Bosu Ballast Balls. Unlike traditional core classes this session will really make you sweat whilst training your abs and back simultaneously.

Stability Ball - using a large inflated ball you will enhance posture, core stabilisation and improve strength. Hand weights may also be used.

Hula-Core - using the traditional hula-hoop technique this class will give you the toned abdominals you've always wanted.

Hula - Glide - using hula hoops and gliding discs this class is truly unique. Fun and effective way of getting the perfect, strong abdominals.

Opening Hours - Monday to Friday 5.30am to 10.30pm. Saturday - 8am to 7pm. Sunday 10am to 7pm.