

Group Exercise Descriptions

AEROBIC TRAINING

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.

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 tailored for pregnancy.

CONDITIONING CLASSES

Jukari Fit to Fly™ - 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. Exclusive to Reebok Club, all fitness levels welcome.

Bikini Workout - hitting the beach this year? Here is a perfect solution for a perfect summer bikini body! Using gliding discs this class will get your legs, bums and tums back into shape just in time for the summer holiday.

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.

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.

VI PR Blast - no time for a workout? Need an extra push with your training? This class is perfect for you! 15 minutes functional whole body workout using VI PRs, the latest in fitness equipment.

X-Training Beginner - functional circuit style training using the rig and the Watt bikes. This class will work your strength, core stability and will get you seriously fit in no time.

X-Training Intermediate - a progression from X-Training Beginner. This intense class is suitable for people who've used the rig before.

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 Cardio Max - packed full of fat burning cardiovascular exercises, this class is perfect to wake you up and energise you early in the morning. Shape up in a fun and un-pressurised environment.

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.

Advanced Triathlon Swim - a progression from Triathlon Swim. Fast paced, full of advanced techniques, this class is designed for more experienced swimmers.

STRETCH CLASSES

Jukari Fit to Flex™ - another fun and challenging class created by Reebok and Cirque Du Soleil. Using long elastic bands this class will improve your flexibility and joint mobility in an effective and unique way.

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.

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.