

Group Exercise Classes, descriptions and intensity guide

<u>Class</u>	<u>Intensity</u>	<u>Description</u>	<u>Location</u>
Spinning	Medium/High **/**	A high energy class that blends cycling technique, great music and expert coaching to energise and inspire. A fantastic calorie burner for all fitness types.	Brandon, Mildenhall, Newmarket
Body Combat	Medium/High ***	A non-contact martial arts based programme with an aerobic twist. Exhilarating and high energy this class is a must for increasing your fitness levels and bringing out the fighter in you.	Mildenhall, Newmarket
Circuits	Medium/High ***	A fun invigorating total body workout.	Mildenhall, Newmarket
Boxercise	Medium/High ***	Boxing is not only fun but an incredible way to improve your overall fitness. Using boxing training principles such as running, skipping, shadow boxing and focus pad work, we will put you through your paces.	Newmarket, Brandon, Mildenhall
Power Hour	Medium/High ***	High intensity class designed to focus on muscular endurance, strength, toning and conditioning.	Brandon
Body Attack	High Impact ***	Old school classic aerobics with a modern energetic twist. High intensity aerobic routines that are guaranteed to get your heart racing.	Newmarket
Body Pump	Medium **	Tone and condition with this strength based programme. Suitable for all levels, male and female who want to sculpt their body. A great way to introduce weight training into your fitness regime.	Mildenhall, Newmarket
Spin Ab's	Medium **	Combining a spinning class session with 20 minutes abdominal workout.	Brandon

Group Exercise Classes, descriptions and intensity guide

Pump & Tone	Medium */**	A weights class to music that will help to tone and define your muscles.	Mildenhall
Dance Fit	Medium **	Dance your way to a lean and toned body. Great aerobic workout using different dance styles.	Mildenhall
Street Dance	Medium **	Learn the latest hip hop moves and improve your overall fitness to energizing music.	Mildenhall,
Ballroom Dancing	Medium */**	Learn all of the 'strictly' moves suitable for beginners and improvers alike. No partner required.	Brandon, Mildenhall
Cardio Kickboxing	Medium **	Exciting aerobic training combining self defence disciplines in to an energetic routine.	Brandon, Mildenhall
Zumba	Medium **	A fusion of Latin moves with international music that creates a dynamic, exciting and effective fitness system.	Newmarket, Mildenhall, Brandon
Bums and Tums	Medium **	They're the parts we all love to hate but in this aerobic based class you will work specifically on tightening and toning your bums and tums.	Mildenhall, Newmarket
Free style Aerobics	Medium **	A high/low based aerobic class you will work specifically on tightening and toning your legs and bums.	Newmarket
Body Blitz	Medium **	A workout that incorporates all you need to improve cardio fitness and toning, targeting all major muscle groups. A fun class for all levels.	Newmarket
Aero Tone	Medium **	A fun packed hour of aerobic and toning to fun and energizing music.	Newmarket
Gentle Does It	Low *	A low impact class specifically designed for the less mobile or more mature exerciser.	Mildenhall, Newmarket

Group Exercise Classes, descriptions and intensity guide

Water Workout	Low *	Low impact and great one for people new to exercise, rehabilitation or those who just simply love the water.	Mildenhall, Newmarket
Yoga	Low *	Mind, body and spirit. Yoga increases flexibility, improves circulation, posture and balance whilst relaxing and calming the mind. (Introductory yoga is designed for those who have never been before)	Brandon, Mildenhall, Newmarket
Pilates	Low *	Focus on core strength in this slow moving low impact class. Following a sequence of instructed movements you will strengthen, tone and substantially increase your posture and flexibility.	Brandon, Mildenhall, Newmarket
Easy Line	Low *	Using the latest in low impact, hydraulic assisted resistance equipment. Easy line is a social and effective way to get back to working your muscles either as part of your low impact routine or as rehabilitation method before coming back to the gym	Newmarket
Body Balance	Low *	A combination of Pilates, Yoga and the art of Tai Chi all rolled into one, performed to beautiful inspiring music to relax your mind and strengthen your body.	Newmarket, Mildenhall
Line Dancing	Low *	Learn all the moves from our fully qualified line dance instructor.	Brandon