

Viv

Pilates - Monday 10:30-11:30 & 11:40-12:40 & Thursday 06:45-07:30

Classical Pilates is an exercise method designed to strengthen mind and body by working them in tandem, creating a strong core and lean muscle.

Klaudia

Yoga - Monday 17:45-18:45

60 minutes of mindful movement linked with your breath. During this time we will work on strength and flexibility playing with Hatha and flow styles. Open to all levels with alternatives offered throughout.

Power Yoga - Thursday 09:00-10:00

Energetic class with powerful holds and fun transitions centred around breath and mindful movement. Practiced regularly will improve your posture and tone your muscles with integrity.

Josh

Circuits - Wednesday 18:00-19:00

Circuits class is a high-energy workout that combines strength and cardio exercises in a circuit format. Including upper body, lower body and core exercises, each focusing on different muscle groups or activities. This class is designed to improve overall fitness, including strength, endurance, and cardiovascular health. Circuit training is suitable for all fitness levels, as exercises can be modified to match individual abilities.

Upper & Lower Blast - Friday 06:45-07:30

Upper and Lower Body Blast – Upper / Lower Blast is a high intensity workout class with the aim of targeting large muscle groups in both the upper and lower body. This class is designed to improve overall fitness including overall fitness, including strength, endurance and cardiovascular health. This class is also suitable for all levels of fitness, as exercises can be modified to match individual abilities.

Matt

Cardio Fitness - Thursday 18:00-18:45

A cardio-based circuit training class focuses on improving cardiovascular endurance while burning calories. It is a high energy class which will raise your heart rate and is ideal for boosting stamina and improving heart health. Suitable for all fitness levels,

exercises can be scaled in intensity to accommodate beginners or challenge advanced members.

Circuits - Monday 09:15-10:15 & Tuesday 18:00-18:45

Circuits class is a high-energy workout that combines strength and cardio exercises in a circuit format. Including upper body, lower body and core exercises, each focusing on different muscle groups or activities. This class is designed to improve overall fitness, including strength, endurance, and cardiovascular health. Circuit training is suitable for all fitness levels, as exercises can be modified to match individual abilities.

Rachel

Indoor Cycling - Intervals - Monday 06:45-07:30

A high intensity interval based Indoor Cycling class working at a range of speeds, resistance and positions around the bike. Incorporating seated and standing climbs as well as hovers and sprints. A great way to start the week!

HIIT - Tuesday 12:00-12:30

My HIIT class features both bodyweight and weighted exercises that target the whole body. It incorporates cardio exercises in many different formats to include steps, circuit style and tabata style workouts. The class is suitable for all fitness levels with variations of exercises available to suit all.

Full Body HIIT - Wednesday 06:45-07:30 & Saturday 08:15-09:15

Full Body HIIT is an intense way to start your day! With the use of bodyweight, weights and bands, the class looks to target both the lower and upper body as well as incorporating cardiovascular elements. The class is suitable for all fitness levels with variations of exercises available to suit all.

Strength & Tone - Thursday 10:15-11:15

Strength & Tone is broken down into 3 sections, upper body, lower body and core. Each area is targeted twice back to back to increase the intensity of each round. Weights, band and bodyweight exercises make up this class with variations making the class suitable for all fitness levels.

Bente

Indoor Cycling - Tuesday 18:30-19:15

Group cycle - a high energy cycle class with a great selection of music. With a variety of endurance training, Hill climbs and sprint work, we set goals during the class to help you reach those fitness goals.

Wendy

Pilates - Monday 19:00-20:00 & Friday 09:00-10:00 & Saturday 09:30-10:30

Pilates with Wendy to increase flexibility, mobility and strength using pilates principles and props. Different sequence of exercises each week with modifications and progressions, all abilities welcome.

Faye

Kettlebells - Tuesday 10:00-10:45

My kettlebell class incorporates a variety of movements for a full-body workout. Each session focuses on upper and lower body sections then core and cardio. Ensuring members leave feeling like they've effectively worked every area.

Bands - Wednesday 10:00-10:30

My band class has a big focus on glute activation and strength, using a combination of resistance bands - long bands and mini bands. With a strong focus on technique and tempo. This session is low impact but deceptively tough and leaves you feeling the burn in the right areas.

Ab Attack - Wednesday 09:15-09:45 & Friday 10:10-10:40

My Ab class is structured into three sections, targeting all areas of the core with a focus on breathing, controlled tempo, and engaging the right muscles. This session ensures you feel like you've thoroughly worked your stomach and surrounding areas.

HIIT - Friday 10:45-11:15

My HIIT class features bodyweight and light dumbbell movement designed to safely raise your heart rate and gets you burning those calories. It's a high-energy, sweat-filled cardio session that's perfect for getting you ready for the weekend.

Ollie

Indoor Cycling - Wednesday 16:30-17:15 & Friday 12:00-12:45

This music based spin class is great for people of all abilities. The music is at the heart of every class where you will match the rhythm of your feet to the beat. Make it as hard or as easy as you want it as you manage your own resistance.

Sarah

Dance Fitness - Wednesday 19:15-20:00

A dance fitness class that combines the graceful steps of the Ballroom with the up-tempo Latin steps to provide a fun and effective workout! There is no need for a

partner and it is suitable for all ages & abilities! It is a fantastic work out for your brain and body. If you love dancing you will love Fitsteps

Lee

Aqua Aerobics - Wednesday 10:00-10:45 & 10:45-11:30

Aqua aerobics is an all over workout working on strength and flexibility incorporating cardio too. Being underwater the class gives you an all over workout. Classes are suitable for all abilities and we aim work at specific areas during different workouts

Jo

Stretch & Meditate - Tuesday 06:45 – 07:30

Yoga with an emphasis on waking the body, warming the muscles and breath work to get ready for the day. Open to all.

Yoga - Tuesday 08:30-09:30

A gentle hatha practice open to all, working to strengthen and stretch the body to connect with the breath. Great class to support your mental and physical fitness goals.

Georgia

Barre - Thursday 12:30-13:30

Join our Ballet Barre Strength & Tone class, designed to sculpt, strengthen and tone your whole body using classical ballet techniques at the newly installed ballet barre! Led by a Royal Academy of Dance-trained ballet teacher, this dynamic workout blends ballet-inspired movements with fitness-based conditioning, helping you build strength, flexibility and balance. No ballet experience is needed—just a desire to move, stretch, and tone! Discover the power of ballet-based fitness. Join us and take your workout to the next level!

Sarah

Aqua Aerobics - Thursday 14:00-14:45

This class is 45 minutes in length and is a total body workout using low impact exercise. It combines low and high intensity moves. After a warm up it features choreographed songs followed by strength and toning using pool noodle floats. The class ends with a cool down, stretching and relaxation through controlled breathing.

Amy

Yogalates - Monday 14:00-15:00

Using props and equipment, mix the power of Pilates strengthening your core with the stretches of Yoga for a full experience of 'feeling your workout'.

Stretch and Meditation - Sunday 09:15-10:15

Lovely slow start to Sunday finding space in the body with stretches from head to toe. Enjoy guided meditations to promote stress relief and relaxation to help let go of your week.

Yoga - Sunday 10:30-11:30

A slow flow mixing strength and stretching to build heat in the body creating a dance-like rhythm to focus inwards.

Gina

Stretch & Tone - Friday 11:30-12:30

A light intensity class based around Pilates stretching and strengthening exercises.

Seated & Supported 12:40-13:40

This class includes a mix of mobility, stretching and strengthening based around exercises from a chair (for those that struggle from the ground and/or getting up and down from the floor).

Nadia

Slow Flow Yoga - Tuesday 12:45-13:45

Move with intention and ease in this gentle, breath led practice. Designed to cultivate a deeper connection between body and breath, this class invites you to slow down, tune in, and honor where you are physically and mentally each time you step onto the mat. With mindful transitions and options to modify or deepen each pose, you'll find space to move in a way that supports and nourishes you. All levels are welcome. Come as you are, leave feeling grounded, calm and centred.

Yogalates - Thursday 19:00-20:00

Blending the precision of Pilates with mindful flow of Yoga, this class offers a balanced and intelligent approach to movement. Designed to support strength, core stability and postural alignment. Yogalates also nurtures a calm, focussed mind through breath led transitions and intentional pacing. Within this class there is an emphasis on control, balance and a whole body integration, this practice is ideal for those seeking a grounded revitalising experience. All levels are welcome.

Carol

Pilates - Tuesday 15:00-16:00 & Thursday 15:00-16:00

Improve your core strength, flexibility, mobility and balance whilst working at a level to suit you. The class ensures you leave with a sense of well-being. Suitable for all.

Stretch & Tone - Wednesday 14:00-15:00

Improve your core strength, flexibility, mobility and balance whilst working at a level to suit you. The class ensures you leave with a sense of well-being similar to Pilates taught above. Suitable for all abilities.

Adrienne

Yoga - Tuesday 19:00-20:00 & Wednesday 10:45-11:45

A soothing, mindful Hatha flow that weaves breath with movement. The intelligently sequenced class combines gentle strength, deep stretches and always concludes with a nourishing relaxation. Suitable for all levels, Adrienne invites you to step away from the busy mind, come into your grounded centre and into a space where body and mind feel easeful, spacious and free.