

GUARANTEED RESULTS

T3-Body conditioning workouts. A high intensity class that is fully optioned to cater for all. You will experience high energy moves for cardiovascular fitness along with upper and lower body conditioning exercises for building strength.

Pump FX: Muscle Mash... The fastest way to shape up and lose body fat. It's a toning and conditioning class with weights and is for just about everybody who wants to add endurance training into their aerobic workout.

Stomp FX: Is workout combining your favourite dance anthems with the hottest remixes, the best step choreography on the planet. Its cardio fun at its best for those with a passion for movement. You will sweat, burn calories, body fat, and increase your fitness levels.



CHALLENGE FRIENDS WITH MYZONE



Aerobics: Classic Aerobic routines with high energy moves for cardiovascular fitness.

Spin: Indoor cycling class based on outdoor riding. You ride to inspirational music over the equivalent of a varied terrain, controlling the intensity of your workout on one of our 30 advanced indoor cycles, The Keiser M3.

Club Box: You will experience high energy from boxing training, helping cardiovascular fitness along with upper and lower body conditioning in a circuit for building strength.

HATHA YOGA: Thousands of years practice bringing you wellbeing flexibility and inner strength

Pilates: The necessary core strength and flexibility – required

by the original Pilates technique is very challenging to anyone who has been training their superficial muscles for so long. Running and weight training are excellent forms of exercise necessary to maintain a healthy body but do not prepare the deep stabilising muscles required to perform the authentic Pilates exercises, at Club Class we offer Pilates for all levels.

Synergize Yoga: Combining established practices from Pilates, Yoga and Tai Chi. A physical and mental well-being workout that leaves you feeling centered and calm.

Kinesis Circuit: All over body workout including abdominal strength circuit, using the advanced Kinesis Studio.



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