

**Flexi-Bar:** Flexi-Bar training to music! During this session you will work every muscle in your body and then continue to burn the calories afterwards while your muscles get stronger and you tone up. This is the ultimate legs and bums workout.

**Body Balance:** a combination of yoga, tai chi and pilates set to inspiring music. This will stretch, tone and relax you.

**Circuits:** A cross training workout based on both resistance and cardio exercises. The workout is set out in individual stations which will be different every time you do a session.

**Core Conditioning:** all you need to tighten up those abs and strengthen that back in a 30 or 45 min session. You will use a variety of techniques to develop your core strength, this is your chance to say goodbye to sit ups.



**Yoga:** During this class you will explore all the postures and breathing techniques of physical yoga. A brilliant session which will release the stress of the day.

**Legs, Bums and Tums:** The aerobics session that will leave you feeling toned up and firm in those all important areas.

**Tai Bo:** The session comprises of graceful body movements and uses rhythmic breathing techniques originating from Taoist meditations. martial arts for everyone. You will experience stimulating music, several different types of fighting techniques and a cardio workout like no other. This is also great for getting rid of any stress at the end of the day!

**Dynamic Yoga:** A fast paced yoga workout which is ideal if you have experience from Hatha Yoga and are looking for a new challenge.

**Total Body Conditioning:** a session designed to help strength, tone and reshape your whole body.



**Pilates:** a workout designed to develop core strength and flexibility through moves that focus on co-ordination and relaxation using slow movements.

**All membership options are available as:**

- **Annual 12+1 months for the price of 12**