

CLASS DESCRIPTIONS

BOOK YOUR CLASSES ONLINE AT
WWW.BARROWLEISURE.CO.UK
OR CALL **01229 871 146**

OCT 22 | **FEB 23**

| CLASS | TYPE | DESCRIPTION |
|---------------------------|--------------------|--|
| AQUA | AEROBIC + TONE | A group exercise class in the pool. The resistance of the water makes the calorie burning and muscle toning exercises involved highly effective as well as supporting some of your body weight minimising impact and reducing stress on the joints. |
| BALLROOM DANCE | AEROBIC + TONE | This class requires you to have some basic dance training. In this class you will learn basic ballroom and rhythm patterns in Waltz, Foxtrot, Tango, Rhumba, Cha Cha Cha and many more. |
| BROADWAY BOOGIE | HIGH ENERGY | Broadway Boogie is a high energy dance fitness workout inspired by musicals from stage and screen. Dance, Sing, Sweat and Express yourself while working out to all your favourite musical melodies. |
| BODYBALANCE | HOLISTIC | Ideal for anyone, LES MILLS BODYBALANCE™ is a new generation yoga workout that will improve your mind, your body, and your life. Set to the perfect soundtrack, you can expect to bend and stretch through a series of simple yoga moves, with elements of Tai Chi and Pilates. BODYBALANCE will leave you feeling rejuvenated, calm, centered and focused. |
| BODYCOMBAT | CARDIO | LES MILLS BODYCOMBAT™ is a non-contact, mixed martial arts-inspired workout that fuels cardio fitness and conditions your whole body. Define and strengthen your upper and lower body while increasing your overall speed and fitness. Your BODYCOMBAT Instructor will coach and motivate you through every round, challenging you to push yourself further. |
| BODYPUMP | MUSCLE TONING | LES MILLS BODYPUMP™ is a scientifically-backed barbell workout using light to moderate weights and high reps to build strength and get you fit – fast. |
| CLUBBERCISE | CARDIO | Clubbercise is a fun full body workout with a banging soundtrack that gets great results. One session can burn around 600 calories. The routines combine dance, toning and combat moves with options to suit all fitness levels. |
| CORE STRENGTH | MUSCLE TONING | A fast and fun way to attack your abs and strengthen your core. This will help improve posture and balance and the all-important waistline. Great to achieve a better toned and functional core. |
| HIIT | HIGH ENERGY | High intensity interval training. An advanced form of interval training, with alternating periods of short intense exercise with less intense recovery periods. H.1.1.T is a form of cardiovascular exercise. These short, intense workouts will improve fitness, metabolism and fat burning. These classes are held in our Functional Gym. |
| HIITSTEP | HIGH ENERGY | Hiitstep is a new innovative 20 min Hiit exercise class using only bodyweight and a step. Using the principles of High Intensity Interval Training this class is choreographed to a bespoke sound track created by some of the UK's top House DJ's. Hiitstep is a high energy class that pushes you to new limits. |
| LATIN DANCE FITNESS | DANCE AEROBICS | This dance class includes moves from salsa, cha cha and other exotic rhythms. Suitable for all levels of ability, latin dance fitness is a great way to stay fit whilst having fun. |
| PILATES / FITNESS PILATES | HOLISTIC | Strength & relaxation for your body and mind. Improves posture with absolute abdominal control. Class enables you to attain a firmer fitter body. |
| POUND | HIGH ENERGY + TONE | This high-intensity in-terval workout incorporates rhythmic-movements to get the class literally pounding the floor as they sweat. Pound is a full-body workout. While you'll have a blast during the actual class, you'll feel the burn in your arms, core, and glutes afterwards. |
| SPIN | INDOOR CYCLING | A fun and fast indoor cycling experience guaranteed to burn maximum calories and improve fitness levels. A highly motivating, non-impact class suitable for all ages and abilities. |
| STEP | HIGH ENERGY | A fun and challenging class designed to target your legs, bums and tums. Step is a great way to burn fat, shape, tone and build muscles with the additional cardio element in that extra energy is expended when stepping on and off the platform. |
| TAI CHI | HOLISTIC | A traditional chinese method of exercise working with the flow 'chi' or energy. Movement is slow and meditative promoting harmony between the mind and body. |
| YOGA | HOLISTIC | Emphasis is placed on core strength, flexibility and balance as well as concentration and breath control. This class is based on physical postures, deep breathing, mindfulness and listening to the body. |
| YOUNG @ HEART | GENTLE AEROBICS | A class for those who want to keep in shape at a gentler pace in a fun and friendly environment. A mix of dance aerobics and easy to follow choreography makes this is a fun filled class. This is ideal for those more mature but Young @ Heart. |
| ZUMBA GOLD | DANCE AEROBICS | Zumba Gold is perfect for the active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. This class includes easy to follow choreography and focuses on all elements of Fitness, Cardiovascular, Muscular conditioning and Balance. |