

# Leisure & Culture Dundee.

## Group Exercise Class Descriptions



### Strength & Cardio

**BodyPump** Is the original barbell class that straightens your entire body. Using weights and bodyweight exercises to get the result you want.

**PowerHoop** The fitness class with a twist. You will be amazed at the different ways you can use a PowerHoop to work out with. This class is sure to bring lots of fun and a slimmer waist.

**Kettlercise** Incorporates the use of kettlebell training in a friendly group atmosphere. Kettlercise is carried out using light weights, set out to a non-stop routine that will work every single muscle in your body.

**Gentle Circuits** An aerobic and strength workout great for all fitness levels. No two weeks are ever the same, with different stations and exercises to follow

**Deck of Cards/Deck of Cards Strength** Is an intense but fun 45 minute class, which uses a deck of cards to structure your workout.

**EMOM** a high volume strength/endurance training programme otherwise known as "Every Minute on the Minute," A predetermined number of reps are assigned for each set, and you must complete within a minute.

**Fictional training** Functional training does what it says on the tin - it mirrors everyday actions like reaching, walking, carrying, lifting and bending so moving becomes that much easier.

**Circuits** Challenge yourself with this fast-paced, calorie-blasting workout, with different stations for an all over body workout.

**Active Aerobics** Steady paced fun aerobic exercise to help improve cardiovascular health and fitness.

**Step** Is the energizing step aerobics workout using a height adjusted step and simple to follow choreography.

**Pound Fit** Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out.

### High Intensity Interval Training

**Tabata** - High intensity type of interval workout that follows a certain protocol e.g. 20 of seconds work, 10 seconds of rest.

**HIIT** high Intensity Interval Training. An all over body workout which will work you as hard as possible but leave you with great results!

**GRIT** Intense 30 minute session that will blast all your major muscle groups and take your training to the next level. Choose from Plyo, Cardio and Strength, or if you don't mind which type go for the GRIT Roulette

### Cycle

**RPM** Our indoor cycling class, set to the rhythm of motivating music. Burn up to 620 calories a workout and get fit fast

**Group Indoor Cycling** Indoor Cycling is a group exercise class done on stationary bikes. During the class the instructor simulates a ride. Together, you travel on flat roads, climb hills, sprint and race! It is truly a fantastic cardiovascular class.

**Cycle Express** Advance your fitness up a gear with Cycle Express. Our latest indoor cycling class is a 30 min high energy, fun group workout focusing on endurance, strength & intervals for improving fitness levels. Imagine HITT on a bike!

### Dance

**Zumba** Dance away to exotic rhythms, high energy Latin and international beats. Ditch the workout and join the party!

**Zumba Gold** The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.. The class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

**BodyJam** Is the ultimate combination of music, culture and dance. If you want to dance, there's nothing like it.

**Dance Fusion** A simple yet fun dance orientated aerobic workout that fuses a variety of dance styles (think hip hop, jazz, salsa and even Bollywood!). You incorporate easy foot work and body movements to the latest popular dance music. No dance experience required but you will be guaranteed to sweat!

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### Mind, Body, & Soul

**BodyBalance** Is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength, leaving you feeling centred and calm.

**Yoga (Vinyasa):** Vinyasa is a style of yoga in which movements are linked to the rhythm of the breath to build flexibility and strength while maintaining focus on alignment and structure. Each sequence of postures is unique and differs from class to class but they follow an intelligent progression that moves from basic to complex to create more balance within the body.

**Yoga (Dynamic Flow):** Dynamic yoga is a modern and athletic style of vinyasa yoga. Prepare to build up a sweat

**Hatha (Yoga):** Hatha is most often used to describe gentle, basic yoga classes with no flow between poses. Expect a slower-paced stretching-focused class with some basic pranayama breathing exercises and perhaps a seated meditation at the end. Hatha classes are a good place to work on your alignment, learn relaxation techniques, and become comfortable with doing yoga while building strength and flexibility.

**Pilates-** Tone up that tummy. Pilates is a method of exercise designed to strengthen your core. It uses flowing movements and postures to sculpt the body and to get even the smaller and deeper muscle groups rippling. Same class, just faster paced

**Stretch and Recover-** A combination of core work, simple stretching techniques and peaceful relaxation, this is the perfect way to clear your head and set yourself up for the weekend.

**Equilibrium** Equilibrium is the latest class to join our mind and body family. Equilibrium a gentle fusion of Yoga and Pilates to relax, restore and recover. Includes barre work and is suitable for all levels of flexibility and mobility.

### Core

**PiYo** - PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga

**LBT (Legs, Bums and Tums )** Is a fun energetic workout designed to tighten and tone your legs, bums and tums!

**Abs Blast** Looking for a toned, strong core? This quick 30 minute workout will blast those Abs!

**Cxworks** Is the 30 minute sports science inspired core training programme.

### Martial Arts

**BodyAttack** Is the high-energy fitness class with moves that cater for total beginners to our total addicts and gets you fit for the sport of life.

**BodyCombat** Is the fiercely energetic programme inspired by martial arts disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Muay Thai. Strike, punch, kick and kata your way to superior cardio fitness.

**Hatton Box2Fit / Boxercise** Hatton Box2Fit combines boxing and exercise in great fun, stress busting activity to suit everyone who wants to enjoy boxing training without getting hit. Boxercise is one of the most effective forms of cross-training available today. It combines use of both aerobic and anaerobic energy systems, but also enhances hand-eye co-ordination, balance and timing.

### Aqua

**Aqua fit** A water based workout to music, ideal for the non-swimmer providing a range of exercises to increase strength and stamina. A fun workout along to familiar music!

**Shallow Water Aerobics** An excellent fitness class in the water! Components include a warm-up, aerobics, muscle conditioning exercises and a cool-down. Water exercise exerts less impact on the joints and is suitable for swimmers and non-swimmers, men and women.

**Deep Water Aerobics** While deep water aerobics has a low impact on your joints, it has a high impact on your cardiovascular system. You may wear a flotation belt for support in the deep water, or rely on your own ability to float

**Wave Disco** Dance the night away with this upbeat Aqua class featuring loads of tunes to rave to! You'll forget you're even working out!

**Aqua Natal** Let the water support your body with our aqua natal class. Keep yourself fit and healthy during pregnancy.