

# Leisure & Culture Dundee.

## Group Exercise Class Descriptions



### Strength and Cardio

**BodyPump** is a barbell workout for anyone looking to get lean, toned and fit. Using light to moderate weights with lots of repetitions, BodyPump gives you a total body workout while burning over 550 calories.

**PowerHoop** - The fitness class with a twist. You will be amazed at the different ways you can use a PowerHoop. 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.

**Strength & Cardio:** Using a variety of techniques from body weight to free weights to develop strength in the muscles through resistance training.

**High Volume Training** - a high volume strength/endurance training programme otherwise known as 'EMOM'. A predetermined number of reps are assigned for each set, and you must complete within a defined timescale.

**Circuits** - Circuits uses resistance and cardio training techniques to improve your endurance and help you build strength. These classes allow you to fit a huge variety of movements into your training meaning a full body workout.

**Functional Training**—This class is for everyone who wants to learn how to move better and feel more flexible. Functional Training makes your body stronger and can help protect your joints and prevent injury.

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

**BodyAttack**— A whole body workout that burns calories while toning and shaping. You will build stamina and our sports-inspired moves will improve your coordination and agility.

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

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

**BodyBlast** is a high energy class that caters for all fitness abilities that combines cardio and strength exercises. This class will leave you feeling energized whilst burning over 600 calories.

**GRIT Strength** is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups

**GRIT Cardio** is a 30-minute HIIT workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast

**GRIT Plyo** is a 30-minute HIIT plyometric-based workout, designed to make you perform like an athlete. This workout uses a bench and combines explosive jumping exercises with agility training to increase explosiveness and to build a lean and athletic body.

### 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 Cycle** - 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** - Our latest indoor cycling class is a 30 min high energy, fun group workout focusing on endurance, strength & intervals for improving fitness levels.

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### HIIT

**Tabata** - Only a 30 minute workout but the level of intensity means it pushes your limits which contributes to the effectiveness of the workout.

**HIIT** - An all over body workout which will work you as hard as possible but leave you with great results!

### Mind Body

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

**Hatha Yoga** - Clear your mind and relax for an hour, a program of precise posture, breathing exercises, and meditation. Yoga is a form of exercise that uses slow movements and stretching, increasing flexibility and balance.

**Vinyasa Flow Yoga** - Vinyasa is a style of yoga characterised by combining postures together so you can move from one to another using breath. Vinyasa offers a variety of poses so no two classes are ever alike.

**Pilates**—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.

**Stretch and Recover**- A combination of core work, simple stretching techniques and peaceful relaxation.

### Core

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

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

### Martial arts

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

**Boxercise**—This is a low impact, high intensity class based on all the principles of boxing . This interval training class is excellent for weight loss and muscle tone. You will learn to hit the focus pads, bob and weave and punch your way to that perfect physique

**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** combines the 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!

**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!

### Dance

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

**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!). No dance experience required but you will be guaranteed to sweat!