

Leisure & Culture Dundee.

Group Exercise Class Descriptions



Strength and Cardio

BodyPump - A barbell workout for anyone looking to get lean, toned and fit using light to moderate weights with lots of repetitions.

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.

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.

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 – 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.

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

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 Athletic 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 - Les Mills RPM is a group indoor cycling workout where you control the intensity. This fun, low impact class allows you to control your own resistance levels and speed so you can build your fitness over time. It's a journey, not a race.

Group Cycle - Indoor Cycling is a group exercise class done on stationary bikes. Together, you travel on flat roads, climb hills, sprint and race! It is truly a fantastic cardiovascular class.

Coach by Colour—Our recently installed IC6 bikes feature the latest light technology. The coach by colour classes personalise and enhance your experience and allow you to track your performance and fitness gains.

Virtual Cycle—The power of technology—immersive onscreen workouts that deliver results .

Small Group Exercise

Synrgy Form—A comprehensive programme that will provide you with all the knowledge and skills to use our Synrgy exercise rigs in the most effective way.

Synrgy HIIT - A 30 minute High Intensity full body workout combining short intense burst of activity paired with intervals of minimal rest.

Synrgy Endurance - A 45 minute steady state full body workout combining aerobic activity with active rest using our Synrgy exercise rig.

Synrgy Strength—A 45 minute full body Strength workout combining intense bursts combined with moderate rest .

Full Form—A comprehensive programme that will provide you with all the knowledge and skills to use our small group training areas in the most effective way.

Full HIIT—A 30 minute High Intensity full body workout combining short intense burst of activity paired with intervals of minimal rest.

Full Endurance—A 45 minute steady state full body workout combining aerobic activity with active rest.

Full Strength—A 45 minute full body Strength workout combining intense bursts combined with moderate rest.

Generation Fit Gym—Aimed at over 60's, our Fitness Instructors will work with you to create an individually tailored Gym Programme and reiterate key points on the safe and effective use of our fitness equipment.

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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.

Fitness Pilates—Traditional pilates exercise with a modern twist. A full body workout concentrating on your core.

Barre— Les Mills Barre is a modern version of classic balletic training, a workout designed to shape and tone postural muscles, build core strength and allow you to escape the everyday.

Stretch and Tone—A combination of core work, simple stretching techniques and peaceful relaxation.

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

BoxFit combines the use of both aerobic and anaerobic energy systems, but also enhances hand-eye co-ordination, balance and timing.

Boxing to Fitness—Combine boxing moves with invigorating aerobic exercise to get a great all-over workout in a safe, non-competitive environment.

Aqua

Aquafit -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

Aqua Zumba— Aqua Zumba blends the Zumba philosophy with water resistance adding low impact, high energy aquatic exercise to your fitness routine.

Dance

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

Zumba Gold—Easy to follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

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!

HIIT

Tabata - A form of interval training, the level of intensity means it pushes you body hard but 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!