

# Leisure & Sport Class Descriptions

leisure &  
culture DUNDEE

**Aqua Circuits** - A new class for Olympia! Think of your favourite circuit class but with the added fun in the water.

**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!

**AquaNatal** - Let the water support your body with our aquanatal class. Keep yourself fit and healthy during pregnancy.

**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.

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

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

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

**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.

**Cardio Dance and Tone** - a funky dance workout followed by exercises to tone and strengthen.

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

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

**Deck of Cards/Deck of Cards Strength** Is an intense but fun 30 minute class, which uses a deck of cards to structure your workout. Each suit represents a move e.g. burpees, squats, crunches. When dealt the cards you do the number of "moves" stated. E.g. Heart = Squats, 4 Hearts = 4 Squats etc. It's guaranteed to give you a great workout and it will never be the same workout twice! Deck of Cards strength is the same workout but with the use of a barbell.

**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

**Fitness Roulette** is a fun varied workout which changes from week to week. So if you just love fitness and like trying different activities then this is for you!

**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

**GRIT** is a small group, intense 30 minute session that will blast all your major muscle groups and take your training to the next level.

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

**Insanity** - Push Past Your Limits With Max Interval Training!

**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.

## **KettlerYoga**

A fusion of Kettlebells and Yoga. Strength and cardio followed by stretching and relaxing, the perfect mix!

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

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

**Metafit** - Work big muscle groups with high intensity intervals. Created by a former Royal Marine Commando and a national gymnast Metafit combines traditional bodyweight exercises with the latest Interval training.

**Pilates/Fitness 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

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

**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.

**Pyramid Circuits** Features different exercises each week but the structure stays the same. Start on low reps and work up to high reps during the course of the 45minute class

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

**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.

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

**Stretch and Relax /Stretch at Sunrise** - 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.

**Street Fit** - A blend of fun, street dance inspired choreography designed to provide an all over body workout for all dance and fitness levels. This 45 minute class provides a combination of cardio based routines, toning and core work

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

**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.

**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!

**Women's Beginner Yoga** - Suitable for women who have never tried Yoga before and for Ante natal ladies. Our instructor will cater for everyone's needs and moves at a pace that suits you.

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