

# CLASSES

## SELECTION OF CLASSES AVAILABLE

### AB CLASSES

A workout dedicated solely to target those hard to tone areas.

### ASHTANGA/POWER YOGA

A vigorous and challenging style of yoga based on the Ashtanga system of Sanskrit counted vinyasa (movement to breath). The approach is based on the specialised sequencing of postures and focused breathing techniques. It has the potential to create amazing health, fitness and feelings of wellbeing. Please note this is an intermediate class therefore not suitable for beginners.

### BEGINNERS STEP

Step helps you to burn calories and fat while challenging your co-ordination. Beginners step is a great place to start if you are new to choreographed classes, while you still have a great cardiovascular workout, the steps will be kept simple and low impact.

### BOSU

Bosu allows you to train for multiple components of fitness, including balance, stability, strengthening the core and much more. There are so many layers to BOSU, be prepared for cardio, balance, toning, core training and a great overall body workout.

### BOXFIT/BOXERCISE

Based on boxing techniques with the aid of gloves, pads and punch bags, this really is the ultimate all over body workout.

### CARDIO TENNIS

Cardio Tennis - Cardio Tennis is designed to give aerobic exercise with the ultimate target of burning 600 calories in 1 hour. It is set to music and you don't have to be a tennis player to participate. Open to a maximum of 12 participants per session and both Racquets and Health and Fitness members can join in.

### COFFEE AEROBICS

A beginners low impact class, aimed at the over 50's. A fun introduction to exercise followed by a coffee in The Lounge.

### DANCE AEROBICS

Move your body to the latest dance and pop tunes with this choreographed dance aerobics class.

### FITBALL

Fitball focuses on core stability. Exercising with a fitball will give you a defined physique and a stronger healthier body. This class starts with an aerobic/HIIT warm up.

### FITNESS STEP

This step class focuses more on simplifying the movements to enhance the athletic, cardiovascular training component. If you want to sweat but not be confused by intricate choreography then this class is for you.

### HATHA YOGA

A great class for improving your posture and flexibility whilst leaving you physically and mentally refreshed!

### HIIT

High-intensity interval training - The ultimate in interval based training that will bring you a cutting edge functional whole body workout using body weight. The entire HIIT session may last between 10 and 30 minutes, meaning that it is considered to be an excellent way to maximize a workout that is limited on time. Enjoy your rest periods as it's a beast of a workout!

### JUNIOR CLASSES

A range of classes designed for the younger fitness enthusiast! Examples include Fit Kids for children aged from 4 to 10 years.

### KETTLEBELL

Kettlebell training uses momentum along with gravity and trains the whole body in one go. This fantastic calorie burning session provides you with a quick way to increase lean muscle mass, lose body fat, gain endurance and flexibility.

## **MINI BLAST**

A 30 minute blast of anything & everything!  
Ranging from Fitball, Pump, Tae-bo and more.

## **PILATES**

The very latest workout concentrating on strengthening your inner core muscles through breathing, stretching and posture improvement.

## **PUMP CLASSES**

A weight based group exercise class performed to music using free weights-plates and barbells. Participants choose their weights based on the exercise and their personal goals. Major muscle groups are worked via series of compound and isolation-based exercises including squats, presses and dead lifts. The focus is towards muscle endurance using several repetitions.

## **SPINNING CLASSES**

A cardio-vascular class involving cycling on special exercise bikes with a resistance factor ranging from very low to very high. The best calorie-burning workout of all! Please ensure you check the level of class before participation. Correct attire must be worn.

## **STEP CLASSES**

Step your way into these highly motivating but challenging classes, guaranteed to make you sweat!

## **TAE-BO & TONE**

Tae-bo is a total body workout incorporating martial art techniques such as kicks and punches. Due to the movements involved Tae-bo is effective in toning and defining the body. It can improve balance, flexibility and co-ordination along with cardiovascular benefits. Be prepared to sweat.

## **TAI-CHI**

Meditation through movement. Sessions of flowing exercises to calm the mind, bring peace to the emotions, revitalize the body and lift the spirits.

## **TRX**

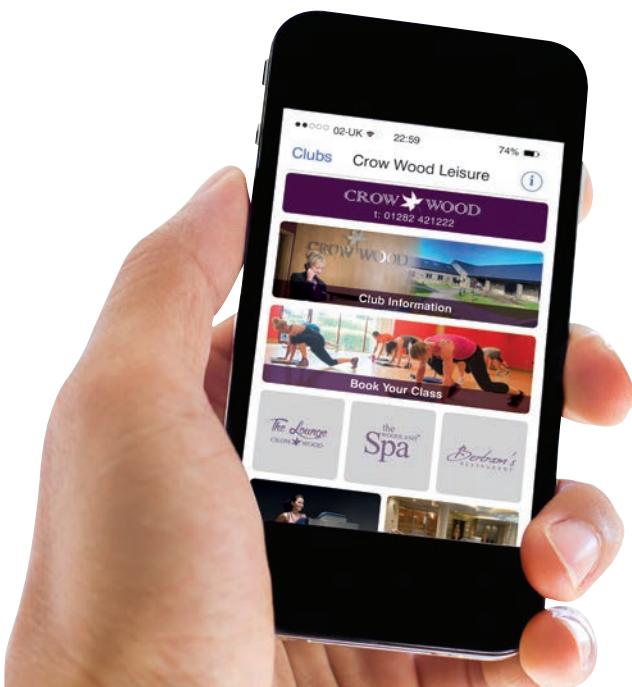
The TRX Suspension Trainer is the original, best-in-class workout system that leverages gravity and your body weight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance.

## **ZUMBA**

Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a class that will blow you away! Experience an absolute blast in one exciting class of calorie burning, body energizing and awe-inspiring movements meant to engage and captivate for life!

# **BOOK YOUR CLASS AT RECEPTION, ONLINE, OR DOWNLOAD THE APP!**

**ALL CLASSES CAN BE BOOKED 8 DAYS IN ADVANCE**



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