

Martlesham Leisure

CLASS DESCRIPTIONS

HIIT CIRCUIT is a high intensity, full body circuit training class suitable for all abilities with different layouts and exercises each week. What you put into this class is what you get out of it!

BURLESQUE BURN is a high octane, fun dance workout. Using elements of burlesque and showgirl dance moves to increase both your fitness and confidence. Sauce up your workout on Fridays!

YOGALATES is a dynamic yoga focusing on core strength and incorporating pilates exercise while still maintaining yoga mindfulness and flexibility. A fun class for all levels.

BOXFIT is a cardiovascular workout based on the training used for boxers so it is likely to include skipping, pad work, shuttle runs, press ups and abdominal work all focusing on fitness and tone. The class is aimed at men and women of all fitness levels and is challenging but fun.

BODY BURN is a fun but challenging, non-stop 45 minute class combining both high and low impact moves to challenge the whole body. Low impact options given for each exercise so is suitable for all levels of fitness.

KETTLEBELLS is a 30 minute blast class utilising kettlebells. This class involves whole body movement exercises delivering cardio, endurance, strength and flexibility with additional core benefits.

BODY BURN AND TONE is a class which incorporates both high and low impact exercises to work on cardio fitness followed by toning and stretching using various equipment.

HIIT is a 45 minute low-choreography varied cardio class based on MAX interval training where you will work at maximum effort for short periods of time, rewarding yourself with a short period of rest after each exercise. Watch your heart rate recovery improve each week whilst burning fat more effectively. This class is intense but fun and modifications will be provided.

HI LO CIRCUITS is a varied and adaptable workout with stations alternating between cardio and strength exercises to ensure a good balance of benefits using a range of fitness and conditioning equipment. Easily adapted for individual levels of fitness and intensity required.

COMPLETE CORE 30 is a 30 minute challenging blast class to target your abdominals, obliques, back, shoulders and glutes utilising resistance tubes, hand weights and your own body weight as resistance. A fun way to improve your overall core strength resulting in better posture which will help to minimise the risk of injury.

COMPLETE CORE is a 45 minute challenging class incorporating exercises to target your abdominals, obliques, back, shoulders and glutes utilising resistance tubes, hand weights and your own body weight as resistance. A fun way to improve your overall core strength resulting in better posture which will help to minimise the risk of injury.

MAT PILATES is a mat based class offering precise instruction exercise to strengthen the deep core muscles and to stretch and strengthen the supporting muscles such as shoulders, hips and glutes. Through the direct emphasis on specific areas, optimum results are achieved.

FLOW YOGA is a class which will deliver yoga poses sequenced seamlessly together but with the emphasis on correct body alignment and adjustment to promote flexibility, strength and awareness. All abilities welcome.

VINYASA FLOW YOGA is a flowing 'sun salutation' based class where the emphasis is on flowing from one pose to the next using the breath as an anchor. It is a faster paced, heat building practice but still with full instruction on safe alignment and technique. This class will not just increase your flexibility and strength but your fitness and stamina too. Suitable for all abilities.

DYNAMIC FLOW YOGA is a Vinyasa flow class, based around the Ashtanga yoga practice, offering the chance to explore more advanced poses, arm balances and inversions – more suited to students in good health and with a basic knowledge of yoga.

AB AND CORE BLAST Come ready to work and tone up that 6-pack with this 30 minute core class! Focus on strengthening the upper and lower abdominals and back through to your shoulders using a variety of exercises utilising your own body weight as well as some resistance equipment. You will gain a great set of abs and improved core strength!

CARDIO TONE is an all round exercise class giving you multiple benefits. The format will vary but will include some mid temp aerobics with or without handweights for

upper and lower body toning, conditioning and fat burning. This will be followed by specific toning and conditioning exercises which vary from week to week. All levels welcome as this class is easily adapted.

STEP AND TONE is a 50/50 class. The first half of the class will be aimed at toning up your legs and glutes by moving up, over and around the **Step**. An easy to follow cardio and toning workout designed as a way to get a high intensity, yet low impact workout whilst burning calories. This will be followed by a specific section dedicated to toning exercises which will target legs, abdominals, glutes, arms and core. Beginners very welcome.

STEP AND ABS is a great class to tone up your legs and glutes by moving up, over and around the **Step**. An easy to follow cardio and toning workout designed as a way to get a high intensity, yet low impact workout whilst burning calories and toning muscles in the entire body. A dedicated section to target the abdominals will be incorporated. Beginners welcome.

ZUMBA this class is a fusion of Latin and International music and dance themes that create a dynamic and exciting workout which is fun and easy to do! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Suitable for all!

TRI is three classes in one! This class will mix an element of cardio in with two different sections of toning using different types of equipment. It is a great all round class giving you a good overall body workout whilst improving your overall fitness levels. All ages and abilities welcome.

MIXED CIRCUITS is a circuit based class with formats that will change weekly to keep the workout interesting. A mix of cardio and strength and conditioning exercises using both your own body weight as well as a variety of strength and resistance equipment. An all round, full body workout that is easily adapted to all levels of fitness so everyone welcome.

METABOLIC TRAINING is a dynamic training class using a variety of formats, methods, equipment and intensities to keep your body challenged! Adaptions given for exercises so is suitable for all levels of fitness.

FITBALL is a fun way to get in shape! A class that utilises the Swiss Ball to help you work on your core strength, posture and balance whilst conditioning and toning your muscles. Whilst practicing exercises such as push ups and planks, the arms, legs and core are all engaged. Come and give it a go!

STEP is a great class to tone up your legs and glutes by moving up, over and around the **Step**. An easy to follow cardio and toning workout designed as a way to get a high intensity, yet low impact workout whilst burning calories and toning muscles in the entire body.

DANCEFIT is a great class to dance yourself fit to energetic music whilst burning off those calories! You will experience a whole range of dance type moves which will change weekly to keep the class fun and challenging. No dance experience or partner required.

TOTAL TONE is a complete body workout challenges both your muscular strength and muscular endurance. Every muscle group is targeted, leaving you with a totally toned body! Utilising your own body weight and a

variety of equipment to ensure the workout remains varied.

BODY EXTREME is a total body workout using all different types of formats, equipment and exercises. Cardio intervals will be mixed in with resistance moves that will tone and sculpt your body. Focuses on moves that require stability and will engage your core muscles. It's a great way to mix up your workout routine.

BOUNCE FIT classes utilise mini trampets and offer a structured exercise regime that's supercharged with all the benefits of free jumping. These are high intensity low-impact cardio workouts that blast your core, improve all-over muscle tone and lift your heart rate. The opposite of a grueling ordeal, this class is all about high spirits and awesome soundtracks. Most of all, it makes you smile, laugh and is great FUN!

SPIN is an indoor cycle exercise class aimed at the heart, lungs and legs. A tough workout to great music with a powerful beat. All levels welcome.