

# Respiration

## Pump & Tone

This high energy fat burning workout uses weights to tone and sculpt the whole body effectively! With your choice of weight for each muscle group, it delivers results, and fast! Suitable for all. It is low on impact, and high on fun!

## Active Pilates

A class that is suitable for all ages, levels and abilities. The exercises target the deep postural (core) muscles, improving posture, strength, and flexibility! Correct technique and alignment are focused on, improving back problems. A stress relieving class that leaves you looking great!

## Circuit Training

A hugely popular way of training; Circuits is a great way to meet new people whilst improving your overall fitness! Circuits combines cardiovascular, toning and resistance training; in order to get a varied workout that's suitable for all.

## Body Conditioning

An all over workout, for cardiovascular fitness as well as toning. Functional training through standing leg work; dumbbells for upper body; floor work including abdominal training; and some balance and core strength work may also be included. No complicated choreography and easy to follow, this session is suitable for all, and guaranteed to give you a good all round fitness !

## Balance

is a motivating blend of Yoga, Tai Chi and Pilates. After a pulse raising first half of flowing standing movements, to get your heart rate up, and prepare your mind and muscles, you will continue to strengthen and tone your whole body, increase core strength, and improve your flexibility. You will leave the class feeling energised, toned, and stretched, and like you've had a complete all over workout