



CALCOT SPA FITNESS

CLASS DESCRIPTIONS

Abs, Glutes and Thighs

A 45-minute triple threat workout that aims to strengthen and tone your abs, glutes and thighs through a variety of exercises.

Aqua

A low impact, pool-based class, with a mixture of cardiovascular and resistance exercises. Fantastic for all abilities and ages.

Aqua Zumba - NEW!

A low-impact, high-energy aquatic exercise which blends the Zumba philosophy with water resistance to help tone your muscles.

Body Blitz

A full-body, weighted class, where you will strengthen every muscle using a variety of equipment and come away feeling stronger than ever.

Body Conditioning

A full-body workout using a variety of equipment for full body toning, also incorporating cardiovascular elements of training.

Body Extreme

Anything goes in this 30-minute, high intensity class, which will set you up for the rest of your day. With a mixture of weighted, bodyweight and cardio exercises, you will walk away with a feeling of accomplishment.

Box Fit

Working with a partner and using boxing gloves and pads you will get a whole-body workout and be ready for the week ahead.

Calorie Blast

A class focused on the number of calories burned, calculated by the instructor. Expect cardio, bodyweight & even some weighted exercises, all completed in time periods.

Cardio Burn

If time is your issue, then this class is for you! With a mixture of resistance and cardiovascular exercises, this is high intensity with a capital H!

Core Control

Combines your traditional sit ups, with a variety of additional exercises, all aimed at strengthening your core, whilst redefining and sculpting your waistline.

Introduction to Yoga

If you would like to try Yoga then introduction to Yoga would be a great place to start. Aimed at beginners, you will be guided through the basics.

Indoor Bootcamp

Using a variety of equipment and exercise styles, get ready to work hard in this whole-body workout class.

Metafit - NEW!

A 30-minute, bodyweight-only, non-choreographed, high-intensity interval training (HIIT) workout with quick bursts of exercise punctuated with short rest periods to ensure you're constantly pushing your body to its limits.

Pathway to Pilates

If you'd like to try Pilates then Pathway is a great place to start. Aimed at beginners, you will be guided through the basics.

Pilates

Focusing on re-balancing body alignment, you'll learn about strength, breathing, balance, co-ordination, flexibility and core conditioning.

Strength & Conditioning

Heavy compound movements to help improve general strength with a conditioning finisher. Strength training has many health benefits and aids greatly with any sport or day-to-day living.

Stretch & Mobility

This slower-paced class is just what your body needs after a workout or for your everyday aches and pains. You will stretch the different muscles in your body and also work on improving your mobility.

Strong by Z - NEW!

A combination of body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Think of it as boot camp choreography.

Supple Strength - NEW!

A perfect supplement to your cardio and weight training, Supple Strength blends elements of yoga, Pilates and stretching to create a challenging workout.

Tai Chi

Involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Each posture flows into the next without pause, ensuring that your body is in constant motion.

WOD (Workout Of The Day)

Workout of the day. This is probably the most commonly used term in CrossFit. Each session is different and will work the whole body.

Weekend Warrior

Using a variety of equipment and exercise styles, get ready to work hard in this whole-body workout class.

Yoga

An ancient system of breathing practices, physical exercises, postures and meditation intended to integrate the practitioner's body, mind and spirit – For the more experienced Yoga fans.

Yoga for Improvers

Yoga for improvers is for those that already have some yoga experience but are looking for that little bit extra on how to perfect the ancient system of relaxing the mind and body through meditating poses.

Zumba - NEW!

Improve your fitness by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

20/20/20

Get the benefits of 3 classes in 1. Lasting 20 minutes each, with a different selection every week, get fit by enjoying a variety of exercise styles and focuses.