



CALCOT SPA FITNESS

CLASS DESCRIPTIONS

Abs Blast

A 30-minute muscle toning class, focused on building strength and functionality through the core muscles.

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.

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 dynamic full body workout that uses explosive bodyweight movements and weighted strength exercises to build and tone.

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

Single station circuit style class utilising boxing moves as well as cardiovascular and core training.

Calorie Blast

Designed to make you sweat and burn calories, this class is a mixture of everything! Expect cardiovascular, bodyweight and light resistance exercises to give you the ultimate the full body burn!

Cardio Burn

A 45 minute class based around cardio and bodyweight movements to get that heart pumping and muscles burning!

HIIT

Short sweet and gets the job done! This class is 30 minutes of super high intensity, combining bodyweight and light resistance exercises, with little rest to ensure a hard, fast and complete workout!

Kettlebells

A 45-minute full body workout utilising kettlebells only. Using a mix of static movements and more intricate flows to get the absolute most out of yourself with only 1 piece of equipment.

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.

Stronger, Fitter, Faster

A CrossFit inspired workout that emphasises strength training, functional movement & cardiovascular conditioning to leave you feeling Stronger, Fitter and Faster!

Supple Strength

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, accompanied by deep breathing. Each posture flows into the next without pause, ensuring that your body is in constant motion.

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.

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.

Weekend Warrior

Get ready to work every part of your body hard, using our outdoor gym and rig, in this boot camp style workout.

Zumba

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