**Class Descriptions**

**Group Fitness**

2nd January 2018

**ABS BLAST**
A fantastic, effective abdominal workout that focuses on the core muscles with the goal to tone, strengthen and drain.

**AEROBICS**
A choreographed class packed with a range of high & low impact moves. Quick to Programme changing, something for all levels welcome.

**ASHTANGA YOGA**
A blissful sequence of movements combined with breath to promote an internal heat designed to purify the body & mind & build strength & tone.

**BALLROOM & LATIN FITNESS**
Dance yourself fit with this fun, Latin dance- based workout. Easy to follow along, for those who want to try their hand at ballroom dancing. Classes with Chris, Lou, Andy, William, Jono & Amy etc.

**BODY CONDITIONING**
A full body focused strength & balance class that caters for all levels. Suitable for all levels. Great for building strength & flexibility.

**BODY MAINTENANCE**
A pre-surgery based class. Offering members the opportunity to regain efficient & co-ordinated movement, to improve body form & limbs & to support their mobility.

**BOOTCAMP**
A high intensity fitness class combining cardiovascular and bodyweight endurance exercises for an all over body blast.

**BOX-fit**
Develop your core & upper body fitness as well as learning to box in a fun & controlled space. Great for developing body control, improving balance & coordination & training with an emphasis placed on timing, no previous experience required.

**CHI KUNG**
Detailed examination of movement & meditation, it incorporates co-ordination, breathing & mindfulness. A hobby & a good exercise practice suitable for all, which promotes mental, physical, emotional & mental wellness.

**CIRCUITS**
Challenge yourself with this class perfect for all levels which combines aerobic & resistance training to sculpt & definition.

**CORE CIRCUIT**
The class combines core exercises & Core Circuits to create a completely varied workout. Incorporating exercises as pets pose & plank & using equipment including bar bells, body bars, all equipment, medicine balls & Swiss ball.

**DANCE FLOOR FILLERS**
Dance floor Fillers is a fun, lively, low intensity workout. A non stop class jam packed with Mtv from the 80s, that makes you want to move. This is for everyone, to dance experience necessary.

**FITBALL**
A unique, specialist class designed to work on all areas of the body & mind. Suitable for all levels providing minimal exercise experience.

**FITBALL IN HIGHT INTENSITY INTENSIVE TRAINING**
FITBALL 3 workouts will take you into a more effective fat burner in a shorter amount of time. Go hard or go home!! 30 minutes is all you need.

**LEGS, BUMS & TUMS**
Exercise your way to fabulous legs, bums & tums with this fun class combining strength exercises with continuous high intensity exercises.

**LOW & TONE**
A low impact option combining a perfect mix of cardio and conditioning in a fun, effective way to slim, shape and offer all the fat burning potential. For beginners, under 25 or anyone returning to exercise.

**PILOATES**
A slow & controlled exercise method which helps to improve posture, mobility and strength. Perfect for all ages & levels.

**PIYO**
Pilates combines the muscle sculpting, core firming benefits of Pilates with the strength building advantages of yoga. And, we've upped the speed to deliver a fast but fun & efficient workout that leaves you feeling truly loved, long & lean.

**PUMP FX**
If changing your body’s shape whilst benefiting from a fabulous cardiovascular workout is what you’re looking for then Pump FX is the perfect class. A slow and controlled class, reduced but full intensity at all times. There is no fancy footwork, it’s the way to follow moves make the class both effective & enjoyable.

**SYNDY**
A fun, effective & low impact aerobic that guarantees to leave you feeling high. Suitable for all ages, with fun exercises, you will end up doing over 200 calories in 45 minutes & you get a great cardio boost.

**STEP**
The perfect class to get your heart & lungs working better & to burn calories. Right level of excitement, fun & feel good. Drop in today.

**STRENGTH BY ZUMBA**
A high impact, low impact aerobic. A build your body work out with constant charm & impact. Designed to enhance muscular balance & strength, develops flexibility, increases stamina and improves posture whilst supporting a sense of well being. Suitable for all levels providing minimal exercise experience.

**YOGA PRINCIPLES**
An investigative class performing & feeling the different postures, motions & movements. The individual area that may benefit from strengthening & refining to create a balanced body & mind. This class is for all levels.

**YOGA YOGA**
A flowing style of yoga where participants combine movement with breath to flow from one pose to the next. An inspiring and dynamic class.

**YOGA VINYASA**
A Yang style of yoga where participants combine movement with breath to flow from one pose to the next. A challenging and dynamic class.

**YOGA & RELAX**
Designed to enhance muscular balance & strength, improve flexibility, increase stamina and improve posture whilst supporting a sense of well being. Suitable for all levels providing minimal exercise experience.

**YOGA PRINCIPLES**
An investigative class performing & feeling the different postures, motions & movements. The individual area that may benefit from strengthening & refining to create a balanced body & mind. This class is for all levels.

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**ZUMBA**
Zumba is the ‘fun’ route of exercise. By moving 80’s and 90’s styled music to fun & up beat music, Zumba is a fun, addictive and fun way of working out!

**ZUMBA GOLD**
A fun, active & healthy way of working out a fun & entertaining way of getting fit, get a Zumba fix on wrapping up.

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**GROUP FITNESS**

**TIMETABLE**

COMMENCING 2ND JANUARY 2018

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**CHILDREN'S TIMETABLE**

For further information on the following classes please call the relevant number; Total Swimming: 0161 764 2224. Water Babies: 0161 928 6385.

*Please note, the below times for Total Swimming will take effect from Monday 12th February, please refer to the notice boards for the current times.

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**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

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**KEY**

**£** There is an additional charge for these courses.

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**Waterside Book Club - First Wednesday of each month 19:30 in Rivers**

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**Waterside Club.**