

ACORNS CLASS DESCRIPTIONS

AQUA

Duration – 45 minutes

An aerobic fitness class focused on performing various exercises in the water. This class is great for increasing your strength and toning your body as you burn up to 30% more calories than doing the same exercises outside of the water. Great for those with mobility issues or recovering from injury due to the low impact.

AQUA ZUMBA

Duration – 45 minutes

A combination of Aqua and Zumba. This dance-fitness workout in the water is inspired by Latin American dance and is dynamic, exciting and is great for improving your overall fitness and co-ordination. Great for those with mobility issues or recovering from injury due to the low impact.

LES MILLS BODY PUMP®

Duration – 60 minutes

A weights class that utilises light to moderate weights and exercises that require control and multiple repetitions. This class is great for anyone wanting to build their strength and tone all major muscle groups as you can burn up to 400 calories!

LES MILLS BODY BALANCE®

Duration – 60 minutes

A unique workout that incorporates concepts from Yoga, Pilates, and Tai Chi. This class involves performing series of poses, stretches, and moves that are aimed at improving overall core strength, flexibility, joint mobility. Leaving you feeling calm and relaxed.

LES MILLS BODY COMBAT®

Duration – 60 minutes

A high-energy, no-contact and beginner friendly fitness class that is inspired by several martial arts including Karate, Taekwondo, Muay Thai, Capoeira and Boxing. With multiple kicks, punches, and sidekicks in the air this fitness class is great for improving core strength, toning the body (average of 570 calories for a 60 mins workout) and increasing overall cardiovascular fitness.

BODY CONDITIONING

Duration – 60 minutes

A low impact class that aims to improve your overall cardiovascular fitness, muscle tone, core strength and stability. Great for those seeking a more fun and dynamic class whilst getting the results you are seeking.

 ZOOM

 STUDIO

 SPIN STUDIO

 POOL

 SQUASH COURT

ACORNS CLASS DESCRIPTIONS

SPIN

Duration – 30 to 45 minutes

A high intensity indoor cycling class designed to burn calories and increase your overall fitness. We offer spin classes designed for beginners and the more advanced so whatever your experience why not give it a go!

LEGS, BUMS 'N' TUMS

Duration – 45 minutes

A full body aerobic workout that aims to tone up your thighs, bum, and stomach. The high repetition count during each exercise will put you through your paces and make you feel the burn but trust us you will thank yourself later for it!

YOGA FLOW/YOGA

Duration – 45 to 60 minutes

A Vinyasa style class, linking together poses to create a flowing session. This class caters for all abilities, integrating strength, focus and movement. In this class the instructor can focus on your poses and may offer adjustments, so that you may find a better alignment, deeper relaxation, greater extension, and an increase in stability.

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing.

INTENSITY LEVEL FOR SPIN

SPIN TECHNIQUE

Duration - 15 Minutes

An introduction to spin, good for first time Spinners. The instructor will show you how to set up the bike and offer the best bike position for you. Basic spin techniques and bike hygiene.

BEGINNERS SPIN

Duration - 30 Minutes

A slower introduction into spin, good for first time Spinners.

INTERMEDIATE SPIN

Duration - 45 Minutes

A more intense spin class, in ability and duration. Mixed ability, offering a higher diversity of class programme and style.

ADVANCED SPIN

Duration - 45 Minutes

A faster paced, high intensity class, good for expert Spinners.

MOBILITY

Duration – 30 to 45 minutes

Mobility classes are the perfect combination of strength, flexibility, and stability bridging the gap between yoga and fitness. Allow your body to release itself from the day-to-day stress and from sitting for long periods of time.

MOVING MORE

Duration – 30 minutes

Mobility class that is the next step up from the basic Mobility class. Slightly harder exercises with more complex routines and range of movement.



ACORNS CLASS DESCRIPTIONS

HIIT CORE/ STRENGTH



Duration - 30 Minutes

High intensity interval training workouts that incorporate a variety of cardiovascular and strength training exercises. The aim of these workouts is to improve muscular strength, mass and tone the body.

HIIT core is designed to target muscles located in the abdominal and back region.

BODY SCULPT



Duration - 45 minutes

A combination of cardiovascular, strength and weight training exercises that aim to target all the major muscle groups. Aimed to tone and "sculpt" the body, this class is great for those wanting to generally lose weight and get in shape.

HIIT/CIRCUITS



Duration - 30 to 60 minutes

A high intensity, fast-paced exercise class that is designed to tone your body, increase strength, and shred fat! This class involves moving between different stations to perform a variety of exercises, from cardiovascular to weight based, within a set period.

PILATES



Duration - 60 minutes

A series of low impact exercises that involve slow, precise movements and breath control. Pilates primarily aims to strengthen your core muscles whilst also improving postural alignment and flexibility.

HIIT CONDITIONING



Duration - 30 minutes

High intensity interval training workouts that incorporate a variety of cardiovascular and strength training exercises. The aim of these workouts is to improve muscular strength, mass and tone the body. The focus of HIIT condition will be on all the major muscle groups.

FIT STEPS



Duration - 45 Minutes

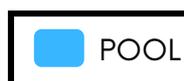
An energetic, upbeat dance fitness class that features all of your favourite strictly dances. Suitable for all ages and abilities, this class is great for those looking to improve their overall fitness as well as having fun in the process!

ZUMBA



Duration - 45 minutes

A dance- fitness workout, inspired by Latin American dance creates a dynamic, exciting, and effective fitness workout. The cardio-based dance moves are designed to shape and tone your body.



ACORNS CLASS DESCRIPTIONS

STRETCH & STRENGTH

Duration - 60 Minutes

Strength & Stretch classes will focus on body weight exercises and calisthenics infused with yoga stretches to give you the ultimate muscle building and stretching combination. This is a mixed ability class offering different levels of stretching and strength exercises to accommodate all levels of training.

JUNIOR WORKOUT

Duration – 60 minutes

New junior workout programme for children aged 6 - 12 years.

Regular exercise has lots of health benefits for children and young people, such as:

- improving fitness.
- providing an opportunity to socialise.
- increasing concentration.
- improving academic scores.
- building a stronger heart, bones and healthier muscles.
- encouraging healthy growth and development.
- improving self-esteem.

Come and have fun with exercise and build strong skills for the future.

FLEX FIT

Duration - 45 Minutes

A series of low impact moves, designed to stretch and improve the muscles.

20:20:20

Duration – 60 minutes

Three workouts in one!!

60 minute class with a third of cardio, a third of strength, and a third of flexing and stretching. Are you ready for the challenge?

BOXFIT

Duration – 45 Minutes

Boxfit is a cardiovascular workout. It is based on the training used for boxing so it includes boxing drills including footwork and abdominal workouts – all focusing on fitness and toning.

TOTAL BODY TONE

Duration – 60 minutes

Total body tone class combines a mix of cardio, resistance and core exercises. If you want the optimal mix of strength, cardio and core exercises, this is it.

