

## Class Description May 30th - August 28th

### AEROBIC

#### Aqua

Water based Aerobics class which will improve muscle tone in an enjoyable environment that will enable you to work at your own intensity level

#### Zumba

A class that has good music and high energy, this class will put you through a variety of dance moves to increase your aerobic fitness

#### Step

This class will: increase your heart rate and cardio fitness, burn calories, tone and shape your butt and legs, as well as improve coordination and agility.

#### Movers

This is a moderate intensity class that will change every week based on the instructor. Always fun atmosphere in which to raise your heart rate to a moderate level

#### ICG Cycle

A 30 or 45 minute Cycling Class incorporating specific pedalling techniques to improve your speed, stamina and fitness levels all set to music for an invigorating workout

### HIIT

#### GRIT

This workout combines short bursts of high intensity training with periods of recovery a highly effective method in which to increase your fitness levels.

### STRENGTH

#### BodyPump

The ideal workout for anyone looking to get lean, toned and fit - fast. Using light to moderate weights with lots of repetition, Body Pump gives you a total body workout. It could burn up to 1000 calories.

### WELLBEING

#### Yoga

Creating balance in the body through developing both strength and flexibility through a series of poses and controlled movements

#### Pilates

Concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Pilates concentrates on posture, balance and core strength.

### Functional

#### FT Circuit

A combination of different exercises based in the FT Room, set out in a circuit format to provide a full body workout.

#### Kettlebells

Mixed intensity class using Kettlebells to improve flexibility working on movement and strength

#### BoxFit

An intense boxing style class, designed to push you to your limits and improve your cardiovascular fitness. No gloves or pads

#### Outdoor Fitness

Physical activity outdoors will lower your blood pressure and heart rate. It feels less strenuous than similar exercise indoors, which, in turn, pushes you closer to your maximum performance.

\* Block booking class (additional fee)

Class bookings can be made online by logging on to our online booking portal:  
<https://member.nuffieldhealth.com/bookings/>

or by calling: 0131 626 3412

To create an account you will need your membership number and email address that is registered to you on our membership system