

2026 Class Description

Dance	
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.
Les Mills Body Step	a full-body cardio workout built around basic step movements, using an adjustable step to create an energetic, athletic training experience. At its core, BODYSTEP feels like stepping up and down stairs, but the class layers in upbeat, rhythmic choreography
Step	An energising cardio workout that uses an adjustable step platform to improve fitness, coordination, and lower-body strength. Set to motivating music, this class combines simple choreographed movements into fun, rhythmic routines suitable for all levels.
Wellbeing	
Yoga	Creating balance in the body through developing both strength and flexibility through a series of poses and controlled movements.
Yin Yoga	A very accessible, slower paced, passive, and floor based stretching class where postures are held for longer to get deep into your connective tissues. This aids joint health and flexibility. With a focus on slowing down, it can also be very meditative and calming for your mind. It's a perfect complement to more intense, dynamic exercise - nourishing body and mind.
Hatha Yoga	Places special emphasis on controlled breathing and posture. Building core strength, which is key to good posture, is another important aspect of this type of yoga
Vinyasa Yoga	Involves moving quickly from one pose to the next in a flow. As you move through postures and sequences at a faster pace, you increase your heart rate.
Movers	This is a moderate intensity class that will change every week based on the timetable. Always a fun atmosphere and will raise your heart rate to a moderate level.
Walking Football	A game of football for all ages and abilities. If you love football, want to exercise in the fresh air and meet new people, this class is for you!
Pilates	A form of exercise that focuses on balance, posture, strength and flexibility. It's suitable for people of all ages and fitness levels.
Les Mills Pilates	A 45-minute mind-body workout combining traditional Pilates principles with modern music, magical choreography, and the latest exercise science. Designed to improve strength, mobility, balance, and overall wellbeing, this class uses slow, simple, controlled movements to tone the abs, glutes, back, and hips, while guided breath work helps create a sense of calm, focus, and renewal.
All Levels	
Aqua	Water based fitness class which will improve muscle tone in an enjoyable environment that will enable you to work at your own intensity level.
ICG Sprint/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.
Boxercise	A high-intensity cardio workout based on boxing techniques using gloves and pad work. Suitable for all levels, this non-contact workout will you improve your agility, strength and overall fitness
Les Mills BodyPump	The ideal workout for anyone looking to get lean, toned and fit. Using light to moderate weights with lots of repetition, Body Pump gives you a total body workout. It could burn up to 400 calories!
Les Mills BodyPump HEAVY	The new evolution of strength training from Les Mills — a tempo-based, heavy-lifting workout designed to build real strength, lean muscle, and measurable performance gains. Unlike traditional BODYPUMP, which focuses on high reps for muscular endurance, BODYPUMP HEAVY slows the tempo, adds longer recovery periods, and uses heavier loads, allowing participants to master technique while pushing their strength to the next level
Les Mills Body Combat	A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn calories. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu
Circuit Training	A dynamic, full-body workout that combines strength, cardio, and functional exercises in a fast-paced, energising format. Participants move through a series of timed stations—each targeting different muscle groups or fitness components—creating a balanced session that builds strength, boosts cardiovascular fitness, and improves overall conditioning.
Intermediate	
Bootcamp	An intense class that will mix different training styles, designed to push you to your limits and improve your cardiovascular fitness. Outdoors when the Scottish weather permits.
Kettlebells	A different kind of training using dynamic moves targeting almost every aspect of fitness - endurance, strength, balance. Kettlebell workouts include squats, lunges, crunches, and other moves that work your abs and other core muscles.
GogarRox	A structured workout alternating cardio intervals and functional stations. the format is adapted for gym-floor accessibility, class flow, and varied fitness levels while still mirroring the challenge and excitement of an official Hyrox event.
Full Body Toning	A balanced, strength-focused workout designed to shape, strengthen, and condition your entire body. Using a mix of equipment, this class targets all major muscle groups to improve muscular tone, endurance, and functional strength.
Advanced	
Les Mills 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
HIIT	High Intensity Interval Taring provides the same health benefits as regular exercise in less time by helping increase calorie burn and reduce body fat, heart rate, and blood pressure. Involves short bursts of intense exercise alternated with low intensity recovery periods.