

Class Description September 27th - December 19th 2021



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.

Group Groove

A sizzling cardio experience that will make you sweat with a smile. During the class you will experience a fusion of club, hip-hop, and Latin dance styles set to the hottest hits

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.

HIIT

High Intensity Interval Training is a class that will get your heart rate up and help you burn increased calories for hours after

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 400 calories

WELLBEING

Yoga

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

Stretch

A general stretching and mobility class to enhance your flexibility and posture whilst relaxing to aid your mental wellbeing

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

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.

Workout of the Day

A 45 minute high intensity workout that will be different every time you attend. Designed to keep your body guessing and get your fitness level up

For class bookings or more information:

visit <https://member.nuffieldhealth.com/bookings/>
or call 0131 626 3412

Opening times:

Monday to Friday 06:30 - 22:00
Weekend 09:00 - 17:00