

Intermediate

Kettlebells

Combination of upper and lower body resistance training using a Kettlebell. Will help you gain confidence and develop good knowledge about weights training. Designed to challenge whole body, tone up and help you reach your fitness goals quicker.

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.

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.

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!

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.

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

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.

Dance Tone

A fun full body workout to great music, with emphasis on toning, open to all levels. Grab a dumbbell and join the dance floor!



Wellbeing

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 flexibility.

Movers

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

Hatha Yoga

This Yoga involve a set of physical postures (yoga poses) and breathing techniques. These are typically practised more slowly and with more static holds than a Vinyasa flow or Ashtanga class.

Vinyasa Yoga

A style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Commonly referred to as “flow” yoga, it is sometimes confused with “power yoga”. Vinyasa classes offer a variety of postures and no two classes are ever alike

5k Training

Class where you can build your confidence, technique and stamina for short as well as longer runs under Scottish Athletics Certified Coach Geoff.

Training Support

This hour is for general support and advice. Whether you struggle with your gym routine, programme design or technique. IT IS NOT A PROGRAMME OR EXERCISE CLASS

Challenging

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 Traing 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.

* Pilates - Block booking class (additional fee, book at reception)

