



Intermediate

CONDITIONING

Class where you could be working by yourself or in a team. Designed to push you beyond your limits by our coaches as well as your training partners.

COTW (Class Of The Week)

Combination of different classes and workout styles that will change on a week to week basis. Each class will be promoting your favourite Body Pump, Kettlebells, ICG Colour, HIIT, LBT, Boxing as well as many others. Check COTW timetable posters for upcoming classes.

Colour Cycling

It will optimise your indoor cycling training experience, allow you to manage and maximise the results. It combines the individual FTP value (continuous power threshold in watts) with five colored training zones.

SCULPT (Upper)**

Designed to help tone your chest, back, shoulders and arms, develop a strong upper body and good posture. You will learn exercises that can be introduced in your own workouts as well as practicing the correct technique to be safe in the gym and get the most from your training. Resistance based training, using dumbbells, barbells and kettlebells to create a fun and enjoyable class!

SCULPT (Lower)**

This class will improve your lower body strength and endurance. Glutes, quads and hamstrings will all be targeted in this class, helping you develop a strong lower body that will improve your power and stamina for everyday activities. You will learn new exercises that can be introduced in your own workouts as well as practicing the correct technique to be safe in the gym and get the most from your training.

SCULPT**

Combination of upper and lower body resistance training run by our female instructor Laura. 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.

**** Kickboxing and SCULPT- Block booking classes (NO ADDITIONAL FEE, book at reception)**

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.
Circuit	A combination of different exercises based in different areas of the gym, set out in a circuit format to provide a full body workout.
Kickboxing **	Challenging and fun workout to push you to your limits, improve confidence and cardiovascular fitness as well as develop your kickboxing skills.
AB Blast	Short 30 min workout that will challenge the middle part of your body. If your goal is to develop a strong and functional core, come over and have a Blast!
BoxFit	An intense boxing style class, designed to push you to your limits and improve your cardiovascular fitness.
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

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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.

BodyBalance

You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises.

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 Training 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.

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!

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