

Wesley Sports Club

Group Fitness Class Descriptions

Aqua

Come down to Wesley and have a splash in our two amazing Aqua classes. A fun cardiovascular workout in the pool. The resistance of the water helps to tone your muscles as you get an aerobic workout. The moves are suitable for all ages and fitness levels and safe on the joints as there is less impact acting on them.

- ❖ ***The Summer 2015-2016 season commences on Wednesday 28th October!***
- ❖ *Program will continue through until approx. May 2016*

Deep Water Aqua

When the weather starts cooling down it's time to click on the Hydobelts and head into the deep end of the pool. Still Aqua Aerobics, but you're almost fully submerged! Come and try it out now!

Aeroboxing

Aeroboxing is a boxing and circuit style class that is structured around exercise stations. The class incorporates upper and lower body boxing moves as well as other exercises involving resistance training and cardiovascular training.

Circuit

This session is held in the weights room and involves the use of free and machine weights. The class is structured around stations that are designed to keep your body pumped for the whole session. The all over body workout will help increase muscle tone and your physical fitness.

Fitball

Fitball is an aerobic workout using a fitball. Not only do you get the advantages of the cardiovascular workout, but you can also improve your core stabilisation. The class goes for one hour and can also help to improve your fitness level.

Hilo/XTrainer

Designed for people of all fitness levels and can help your cardiovascular fitness. The class involves a wide variety of moves to get the body pumped for the aerobic phase of the class. It also involves the use of light hand weights and some abdominal exercises towards the end of the class. A great way to get back into a fitness regime as it offers high and low intensity moves

Step

Great cardiovascular workout that is also designed for a variety of fitness levels. It incorporates high intensity moves using a step and finishing with muscular conditioning, specifically focusing on the abdominal muscle group. It is a great way to increase your physical fitness.

Tai Chill

Tai Chill, is a Tai Chi based, low-impact fitness program that is easy to follow and builds flexibility, balance and strength while leaving you feeling calm and relaxed. All the movements contained within the program are standing, so there is no floor work **and no moves to remember**. They use controlled breathing, focused concentration and set to relaxing chill-out style music, creating a holistic workout that brings the body into a state of harmony and balance

Yoga (Beginner)

This class is designed for those that are Yoga beginners. The class incorporates moves that help participants become more confident with the progressions of Yoga.

Yoga (Experienced)

This class incorporates slightly more advanced movements for participants to further their Yoga development.

Yoga (Hatha)

Hatha Yoga helps to enhance flexibility and strength, while toning the body and calming the mind. It detoxifies the blood and internal organs, improves the immune system, eliminates stress, and enhances mental alertness and clarity.