

The River Club

Group Exercise

Class Descriptions

Toning

Les Mills Body Pump™: is weight training boring? What if we added a motivating instructor pumping music, a room full of people with a goal of getting fitter, stronger, leaner and more toned?

New Body/Body Blitz: a short aerobic warm-up followed a combination of conditioning exercises using body weight & equipment.

Aqua: a water based aerobics class, using the natural support of the water. Work hard against the resistance for a low impact effective calorie burning, muscle toning workout.

AOB- All over Body Conditioning: A whole body workout that can improve your overall fitness. Body Conditioning classes can help you on your way to get in great and feel great about your body. Focusing on strength, muscular endurance and fitness conditioning.

Barre Concept: This creative dance class combines the precision of Pilates, alignment of yoga and grace and technique of ballet. Using a fixed barre you'll perform a series of repetitive low-impact movements at varying intensities, working the muscles to fatigue to burn fat and sculpt the body.

Cardiovascular

Circuits Fitness: a circuit style conditioning class using body weight, equipment and cardiovascular exercises.

Les Mills Body Combat™: Step into BODYCOMBAT workout & you'll punch and kick your way to fitness, burning up to 740 calories along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. You'll release stress and have a blast and feel like a champ.

Spin: with this specially designed bike and highly motivating instructor, cycle your way to fitness. Match the terrain with the tempo and enjoy all the power and energy of a mini rock concert.

Boxercise: boxercise is a workout that safely combines boxing moves with pumping music. Sessions typically involve hitting focus pads. No class involves hitting an opponent. It is fun, challenging & a safe workout which is great stress busting and accessible to all levels of fitness.

HIIT: High intensity interval training sessions are commonly called HIIT workouts. This type of training involves high bouts of high intensity effort followed by varied recovery times .

Low Fu Fitness: Low Fu Fitness blends martial arts, dance & music into one super workout. Combining basic kickboxing techniques and fabulous aerobic moves.

Dance

Aerolatino: a group exercise class using a variety of latin dance rhythms and styles including salsa, merengue, reggaeton, Lambada, bachata & Cumbia to form a continuous aerobic routine.

Rumba Latino: Dance your way to fitness. Twist, turn and tone to steamy Latino beats in a fusion of Cha Cha, Salsa, Mambo and Samba. Mingle fire and fun working abs, hips & thighs and butt to the sounds of South American street carnivals.

Zumba: the fastest growing dance based craze ever! Dance using a variety of up-tempo latin styles including salsa, cha-cha reggaeton, mambo and merengue fall in love with the music and easy to follow moves.

Dance Fitness: Fun easy-to-follow dance workout with & Toning all in one class. Dance fitness is a group exercise class that incorporates many forms of dance. It's a full body aerobic workout, divided into different tracks that provide peaks and troughs of intensity.

Holistic

Pilates*: a holistic stretch and tone class using the Alexander Techniques that helps you improve core stability and Strength.

Les Mills Body Balance™: builds flexibility and strength and leaves strong, calm and centered. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses. A holistic workout that brings the body into a state of harmony and balance.

Yoga

The ancient practice of yoga is a holistic system of exercise which increases flexibility, strength and concentration. Some Classes have mixed styles Vinyasa Flow Yoga - Vinyasa, also called "flow" because of the smooth way that the poses run is one of the most popular contemporary styles of yoga.

It's a broad classification that encompasses many different types of yoga, including Ashtanga and power yoga.

Hatha Yoga. Hatha is a general category that includes most yoga styles. It is an old system that includes the practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to the mind and body preparing the body for deeper spiritual practices such as meditation.

Restorative yoga is a practice that is all about slowing down and opening your move at all, body through passive stretching. If you take a restorative class, you may hardly doing just a few postures in the course of an hour. It is a completely different experience than most contemporary yoga.

Tai Chi: this class originates from the old style Chinese shadow boxing. It is practiced for health, stress management and self-defence.