

The River Club

Group Exercise Class Descriptions

Cardiovascular & Toning

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.

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?

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.

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.

Floor Barre: This creative dance class combines the precision of Pilates, alignment of yoga and grace and technique of ballet. 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.

Spin: Indoor cycling, Indoor cycling, also known as spinning or spin class, involves pedalling on a stationary bike, also known as a flywheel, using various levels of speed and resistance. Different positions on the bike are also used to target different muscles. We have Life Fitness Spin Bikes with an exciting colour-coded system. The bikes have 5 coloured working zones which take into account your own fitness level to ensure that everyone will be working at the same intensity on the same colour throughout the class.

Kettlebell Fitness: Strengthen and tone your whole body! You will swing, lunge and squat your way to a more toned body whilst improving your strength, flexibility and cardiovascular endurance. Come join a class and get to grips with a kettlebell, and find out why it's a powerful tool for improving your fitness and overall body composition.

POUND® Rockout Workout™: Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

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.

Zumba: 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 to be Fit & Dance Fitness: Dance fitness is a type of group exercise class that incorporates some or many forms of dance. It's an aerobic workout, divided into different tracks that provide peaks and troughs of intensity. The overall intensity of a class varies depending on the style you're doing. Dance fitness classes offer a relaxed environment where you can really let your inhibitions go, learn some new moves and meet some great people along the way.

Holistic

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

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