

Class Details

<p><u>Spinning®</u> Spinning® program consists of instructor-lead classes on specialized stationary bikes. All classes will follow an all-terrain format using flats, hills, sprints, jumps and variations. We have a class for all levels.</p>	<p>PLEASE BOOK IN. IT IS IMPORTANT YOU ARRIVE ON TIME FOR YOUR CHOSEN CLASS</p>	<p><u>Variation Spin</u> A variety of spin classes. Each class will have a different “spin” on it. From the Tour de France to technique classes.</p>
<p><u>Performance Spin</u> Take your fitness to the next level with heart rate training. Strap your monitor on and give it a go.</p>	<p><u>Spin & Core</u> A Spinning® class with a twist. Blast your core, abs and back after a funky time on the bikes to give you that toned & strong waist!</p>	<p><u>Morning club</u> A combination of Step, Weights, circuits and spin. In the Arena.</p>
<p><u>STOTT Pilates</u> A contemporary approach to the original mind-body exercise method pioneered by Joseph Pilates. A progression in pilates that incorporates modern exercise science and rehabilitation principles, it is a highly effective way to stretch, strengthen and condition your body.</p>	<p><u>Yoga</u> Gentle and relaxing class, concentrating on the conditioning of the body and mind. Builds core strength, flexibility and endurance.</p>	<p><u>Pilates</u> A mat based exercise to develop Alignment, posture and flexibility. high effective on achieving a flatter stomach and tightening your pelvic floor.</p>
<p><u>Kinesis Circuits</u> Get to know the Kinesis Suite & your body with our instructor lead circuit class. Improve your strength, flexibility, core, balance and movement. All levels of fitness welcome.</p>	<p><u>Kinesis Core & Ab blast</u> A specific Kinesis class focusing on your waist, tone your abs, strengthen your lower back.... Build that summer mid section! All levels of fitness welcome</p>	<p><u>Fitball Conditioning</u> Blast your body through this 30min lunch time workout. Fitball conditioning will improve posture, strength and tone.</p>
<p><u>SAQ Circuits</u> Speed, Agility & Quickness.... Although open to everyone this circuit will help improve sports related activities. A modern way to improve your body & mind.</p>	<p><u>Amphitheatre Running Club</u> Join Claire, Kris & our other instructors for preparation for the Belfast Marathon. Any level of fitness can join in. Make this one of your 2010 goals. <u>Blisters Walking Club</u> Monthly meet to prepare for the Belfast Marathon</p>	<p><u>Circuit Blast</u> Exactly what it says on the tin. A quick lunch time blast for those “out to lunch”</p>
<p><u>Cardio Box</u> Punch and kick your way through the latest fitness trend. This innovative workout utilizes new moves from boxing and kickboxing.</p>	<p><u>Circuits</u> Bobby's traditional class for any level of fitness. A combination of strength and aerobic stations</p>	<p><u>20/20/20</u> An all round fitness class. 20 minutes step. 20 minutes body conditioning. 20 minutes aerobics.</p>
<p><u>Body Conditioning</u> Derived from the LBT class this class not only targets the legs bums and tums but hits the complete body.</p>	<p><u>Pump It Up</u> A non impact class which strengthens, conditions and tones the body using dumbbells and barbells.</p>	<p><u>Total Body Workout</u> A high, Low or mixed workout for the whole body. A mix of weights & exercise bands. To help condition the body.</p>
<p><u>Fit Kids Club</u> Fit Kids is for 9-16 Year olds, a mixture Gym, Sports and Activity Sessions for Kids.</p>	<p><u>Sunday Morning Blast</u> It's a new surprise ever Sunday!</p>	<p><u>Ulster Scots</u> A mix of Irish, Scots & highland dance for the Kids.</p>
<p><u>Actively Ageing</u> A variety of activities designed for all abilities including chair users & special needs. Including a wee cup'o tea.</p>	<p><u>50 +</u> A one hr class for the more active 50+ age group. Aerobics, circuits, strength and flexibility.</p>	<p><u>Hip hop</u> Funky street dance for kids and Adults</p>

Please ensure you book into your class

All classes are free to members. Classes can also be booked and paid for 7 days in advanced by non members.