



CALCOT SPA  
**FITNESS**

# CLASS DESCRIPTIONS

## **20/20 Core & Stretch**

Start off with 20 minutes of abs, followed by 20 minutes of stretching. A great way to strengthen that core and loosen those muscles.

## **20/20/20**

As the name suggests this is an hour long class split into three, 20 minute blocks with a perfect blend of aerobics, step and cardio fitness.

## **Aerobics**

Dust off your trainers and get ready to grapevine! Expect an upbeat class with music to match.

## **Aqua**

A low impact, pool-based class, with a mixture of cardio and resistance, great for rehab and for those with arthritis.

## **Ballet Tone**

Using classical ballet you will tone, lengthen and strengthen your muscles, whilst having fun.

## **Body Blitz**

Focusing on upper and lower body, you will strengthen muscles, whilst using a variety of equipment and come away feeling stronger.

## **Body Conditioning**

A full body workout using a variety of equipment aimed at all over toning.

## **Body X**

Combining body weight exercises with the TRX to give you a full Body workout, whilst pushing you to your limits.

## **Bootcamp**

A high intensity class with a wide variety of training methods, which will be sure to develop your strength and cardiovascular fitness, held both inside and outside (weather permitting) so please dress accordingly.

## **Box Fit**

A non-contact, fast paced and high intensity class with shadow boxing, pad work, and more. You'll be fighting fit by the end.

## **Broga**

A functional fitness class for everyone incorporating traditional Yoga with a twist. It will improve your flexibility, range of movement and balance, and you will leave feeling like you have had a good workout.

## **Cardio Burn**

If time is an issue, then this is the class for you! With a mix of cardio and resistance exercises, this class is high intensity with a capital 'H'.

## **Core Control**

Combines your traditional sit up with a variety of additional exercises all aimed at strengthening your core whilst redefining and sculpting your waistline.

## **Dance Fitness**

Putting your best foot forward, it's time to dance, and whilst doing so, improve your fitness.

## **Fitness Yoga**

A strong, dynamic flow using the Ashtanga Vinyasa method to help build strength and flexibility into your practice.

## **HIIT**

A high intensity class based around intervals that will challenge your cardio-vascular system whilst strengthening the full body.

## **Kettlebells**

Ever wondered what you can do with a kettlebell? Join this great class to find out whilst getting a full body workout.

## **Pathway to Pilates**

If you would like to try Pilates then Pathway would be a great place to start. Aimed at beginners, you will be guided through the basics.

## **Pathway to Yoga**

If you would like to try Yoga then Pathway would be a great place to start. Aimed at beginners, you will be guided through the basics.

## **Pilates**

Focusing on re-balancing body alignment, you will learn about strength breathing, balance, co-ordination, flexibility and core conditioning.

## **Rig-tastic**

Fancy exercising outdoors? This class will push you to your limits, making use of the rig to give you a great workout. \*If it is wet outside, then you'll still be challenged with indoor bootcamp.

## **Stretch**

Nurse those aches and pains with a class dedicated to stretching and lengthening tired muscles, through a series of exercises.

## **Yoga**

An ancient system of breathing practices, physical exercises, postures and meditation intended to integrate the practitioner's body, mind and spirit.