**Class Descriptors**

**Aqua Mobility**

A gentle aquatic workout, focusing on increasing joint mobility and overall flexibility.

**Aerobics**

An energetic routine combining aerobics moves and strength exercises to improve fitness.

**Bar & Bells**

A hybrid class combining barbell workouts and kettlebell routines to target strength and endurance.

**Broadway Boogie**

A dance fitness workout inspired by musicals from stage and screen. Uniquely choregraphed routines that are kind to your body but still deliver a heart-pumping workout.

**Body Tone**

Focused on full-body sculpting, this class combines resistance training with bodyweight exercises.

**Circuits**

Rotate through various exercise stations to challenge different muscle groups and maximize calorie burn.

**Core**

A class designed to tone, build and strengthen the core muscles.

**Chair Yoga\*\***

Supported form of yoga that allows you to perform traditional yoga poses and movements whilst seated or using the chair for support.

**Dancefit\*\***

Move to the beat! A fun, energetic cardio workout with dance routines suitable for all levels.

**Dru Yoga\*\***

A gentle yoga form focusing on flowing movements, directed breathing, and visualization.

**Evolve Aquafit** (Citadel/Prestwick/Troon/Maybole)

A water-based fitness class, promoting cardiovascular health and muscle toning in a low-impact aquatic environment.

**Evolve 15/15/15**

A tri-segmented workout featuring 15 minutes of cardio, 15 minutes of muscle toning, and 15 minutes dedicated to core strengthening.

**Evolve Circuit Series**

Engage in a series of challenging circuits tailored to enhance strength, endurance, and agility.

**Evolve Cycling**

Hop onto stationary bikes for an invigorating ride that tests stamina and builds lower body strength.

**Evolve Legs Bums & Tums**

Target the lower body and core with exercises designed specifically for the thighs, glutes, and abdominals.

**Evolve Stretch & Core**

Prioritize flexibility and core strength with targeted stretching and abdominal exercises.

**Evolve Qi Gong**

An ancient Chinese exercise focusing on controlled breathing, movement, and meditation to balance one's life force.

**Express Cycling**

A fast-paced, 30-minute cycling challenge that’s sure to get your heart pumping.

**FormFirst Muscle & Methodology**

This class immerses you in the precise art of weightlifting, ensuring you perfect your lifting form and engage in exercises crafted for muscle growth.

**F30**

A 30-minute functional workout, designed to improve daily movement patterns and overall fitness.

**F60**

A 60-minute functional workout divided into 20 minutes of strength work, 20 minutes of conditioning, and 20 minutes of stretch and core.

**Step**

Utilizing a step platform, engage in high-intensity intervals to maximize calorie burn and muscle engagement.

**Studio Cycling**

Join an immersive indoor cycling experience, simulating road biking to tunes that drive motivation.

**Junior Circuits**

Kid-friendly circuit training promoting agility, strength, and cardiovascular health.

**Junior Cycling**

Hop onto stationary bikes for an invigorating ride that tests stamina and builds lower body strength.

**Junior Gym**

Guided gym time where younger attendees learn proper exercise techniques and establish a fitness routine.

**Pilates\*\***

Focus on core strength, flexibility, and body alignment in this mat-based workout.

**Cycle and Circuits**

A fusion class combining the intense cardio of spinning with muscle-building circuit training.

**Vinyasa Flow (Yoga)\*\***

A fluid yoga practice where each movement is synchronized with breath, enhancing flexibility and strength.

**Yin Yoga\*\***

Dive deep into prolonged stretches that target connective tissues, promoting relaxation and increased flexibility.

**Yoga\*\***

Explore traditional yoga postures, focusing on alignment, breathing, and mindfulness.

\*\*Premium classes. PAYG or free with Full Fitness (£30) Membership