

Fitness Class Descriptors

	Description
Dru Yoga	Dru Yoga is a gentle and flowing yoga form that focuses on smooth, continuous movements, directed breathing, and visualisation. It is a therapeutic practice that aims to promote physical and emotional well-being. The sequences in Dru Yoga are designed to release tension, improve flexibility, and calm the mind. With its emphasis on flowing movements and relaxation techniques, Dru Yoga offers a perfect balance of strength and serenity.
Hatha Yoga	Hatha Yoga serves as a bridge between the physical and spiritual realms. By intertwining posture practices with breathing exercises, this yoga form promises balance, flexibility, and a calm mind. It's an ideal initiation for yoga beginners and an enriching practice for seasoned yogis.
Pilates	A system of repetitive exercises performed on a yoga mat or other equipment to promote strength, stability, and flexibility. Pilates exercises develop the body through muscular effort that stems from the core. The technique cultivates awareness of the body to support everyday movements that are efficient and graceful.
Strength for Yoga	Strength for yoga is specifically designed to boost strength and enhance yoga practices. By incorporating resistance training and targeted exercises, participants can develop the muscular power necessary for more advanced yoga poses and a more stable practice overall.
Vinyasa Flow Yoga	Vinyasa Flow Yoga is a fluid style of yoga where each movement is synchronised with breath, resulting in a seamless and rhythmic practice. The class incorporates a series of poses that flow smoothly from one to another, challenging flexibility, balance, and strength. Vinyasa Flow cultivates a deeper mind-body connection, leaving participants feeling rejuvenated and centred.
Yin Yoga	Yin Yoga is a deeply meditative yoga practice where poses are held for extended periods, targeting the connective tissues like ligaments and fascia. It's a therapeutic session designed to increase flexibility, release deep-seated tensions, and foster inner calm. As participants hold poses, they are encouraged to turn inwards, cultivate mindfulness, and embrace the stillness.
Yoga	Yoga is a vigorous yoga style that offers a more intense workout compared to traditional yoga forms. This class blends asanas (poses) with rhythmic breathing, resulting in a dynamic flow that challenges both strength and flexibility. Participants will feel invigorated, stretched, and strengthened as they flow through sequences that enhance balance, power, and endurance.

Bar & Bells	Get ready for a high-intensity workout that combines the best of barbell and kettlebell training. In Bar & Bells, participants engage in a series of exercises using both barbells and kettlebells to target various muscle groups and build strength and endurance. The class is structured to challenge participants' limits and help them achieve their fitness goals, whether it's building muscle, improving strength, or increasing overall fitness.
Box HIIT	Put on your gloves and get ready to unleash your inner fighter with Box HIIT. This intense, high-energy workout is inspired by boxing techniques and combines them with high-intensity interval training (HIIT). Participants will throw punches, do footwork drills, and perform bodyweight exercises in quick bursts, pushing their cardiovascular limits and working multiple muscle groups. Box HIIT is an empowering class that not only improves fitness but also enhances co-ordination and relieves stress.
Cycle & Circuit	Cycle & Circuit is a fusion of heart-pounding indoor cycling and muscle-defining strength exercises. Participants alternate between high-energy cycling sessions and circuit-style strength training, ensuring a balanced full-body workout. This combination of cardio and resistance training amplifies calorie burn and tones muscles, offering a comprehensive fitness experience.
Dance Fit	Get ready to groove and move to the beat in Dance Fit! This fun and energetic cardio workout incorporates dance routines suitable for all levels of participants. The class features a mix of dance styles, including hip-hop, salsa, and jazz, combined with high-energy music that will have you dancing your way to a healthier and fitter you. Dance Fit not only improves cardiovascular health but also helps participants release stress, boost mood, and enjoy the sheer joy of dancing.
Express Cycling	For a quick and dynamic cycling adventure, try our express version. It's a shorter duration but promises an impactful and efficient cardiovascular challenge, perfect for those tight on time.
F30	F30 is a functional 30-minute workout engineered to optimise mobility, strength, and endurance. Through a series of compound exercises and dynamic movements, F30 targets multiple muscle groups, making it an ideal regimen for those seeking efficient and effective training in a compact timeframe.
F60	F60 offers a comprehensive 60-minute workout experience, building upon the principles of F30. This extended class provides participants ample time to work on refining their techniques, enhance strength, and boost endurance. The session incorporates an array of functional movements designed to mimic everyday activities, ensuring improved functional fitness and overall well-being.
FormFirst: Muscle & Methodology	This class immerses participants in the art of perfecting their exercise form. This class emphasizes the importance of proper technique while using weights to maximize results and prevent injuries. Participants will engage in a range of exercises, with instructors providing real-time feedback and corrections, ensuring everyone achieves the most from their workout.
Studio Cycling	Studio Cycling offers an adrenaline-packed ride that simulates real-life biking scenarios. From racing on flat terrains to conquering uphill challenges, participants can expect to pedal their way to better cardiovascular health and leg strength, all set to invigorating music that fuels the journey.

Evolve Class Descriptors

Evolve Programme: In the ever-evolving landscape of fitness, there comes a need for a programme designed with both the newcomer and the mature exerciser in mind. Enter the Evolve Programme. Crafted as modifications of our most renowned mainstream classes, Evolve ensures a lower-impact workout that's perfect for those just starting their journey or for seasoned practitioners craving a change in pace.

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Evolve 15/15/15	Experience a workout divided into three 15-minute phases. Start with invigorating cardio exercises, transition to muscle-enhancing moves, and culminate with core-centric exercises. This well-structured approach guarantees a varied and efficient session.
Evolve Aqua Mobility	Aquatic workout that prioritises joint mobility and overall flexibility. Participants engage in gentle movements and stretches while being supported by the water's buoyancy, allowing for greater range of motion without putting stress on the joints. This class is ideal for individuals looking to improve their flexibility, recover from injuries, or simply enjoy a soothing workout in the water.
Evolve Aqua Fit (Ayr/Prestwick/Troon)	Aquafit is a dynamic water-based fitness class that takes advantage of the buoyancy and resistance of water to provide an effective workout. Participants perform a variety of exercises in the pool, such as jogging, jumping jacks, and arm movements, to elevate their heart rate and promote cardiovascular health. The low-impact environment is gentle on joints, making it suitable for all fitness levels. Aquafit also incorporates muscle toning exercises using water resistance to target various muscle groups, resulting in improved strength and overall body toning.
Evolve Circuit	Challenge yourself with our circuit sessions designed to augment strength, resilience, and nimbleness. Transition between stations swiftly, ensuring the heart stays active and calorie expenditure remains high.
Evolve Cycling	Embark on an electrifying indoor cycling journey. Recreate the thrills of outdoor biking in the comfort of our studio, strengthening the lower body and enhancing cardiovascular fitness along the way.
Evolve Legs, Bums & Tums	Concentrate on enhancing your lower body and core. This specialty class zeroes in on the thighs, glutes, and abs, employing exercises to refine and shape these critical areas.
Evolve Qi Gong	Qi Gong is an ancient Chinese practice that harmonises body movements, deep breathing, and mental focus to foster health and tranquility. This Evolve session emphasizes aligning movement and breath, enhancing energy circulation and culminating in a sense of profound relaxation.
Evolve Stretch & Core	Make flexibility and core strength your prime goals. This class employs a combination of stretches and core-tightening drills to advance flexibility, improve core strength, and improve posture.

ASN Circuits

Additional Support Needs Circuits	Circuit based class for those who may have additional support needs, and require support within a fitness class environment. 14+years
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Junior Fit

Junior Circuits	Junior Circuits is a dynamic and diverse workout where participants move through different exercise stations, each targeting different muscle groups and fitness aspects. This class offers a great way to challenge the body and keep the workout exciting. As participants rotate through stations, they engage in activities like strength training, cardiovascular exercises, and bodyweight movements. Junior Circuits help maximise calorie burn and build all-around fitness.
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