

## Class definitions



**Latin Fusion** Learn steps to various Latin dance styles such as salsa, merengue and bachata. Practice routines by rotating dance partners in this fun, social, interactive class.

**Zumba** Zumba fuses hypnotic Latin rhythms and easy to follow dance moves, to create a one-of-a-kind fitness class. If you love moving and shaking your hips, you'll love this dance workout!

**Young at Heart** Especially for seniors, a low impact class performed to all your favourite golden oldies. Have fun, meet new friends and stay active for life!

**Box Fit** Half hour sessions using punch bags and pads to give you that ultimate workout.

**She Can Box** A box fit class exclusively for women.

**Circuit Training** A multi-stationed group exercise class designed to develop both strength and cardiovascular fitness. For all abilities, no co-ordination required!

**Insanity** Get ready to dig deep! Hi intensity training, guaranteed to make you work & sweat.

**HIIT** High intensity, interval training. 30 minutes packed with powerful fat burning, body changing moves. Bring water & plenty of energy!

**Body Blast** A fast paced, high energy fitness class that incorporates martial arts style exercises with basic choreography.

**Step 'n' Tone** A low impact class using an elevated platform (the step), the height of which can be tailored to the individual. Step aerobics is an excellent way to burn calories & fat! This workout will tax your brain as well as your body.

**20/20/20** A combination of classes, 20 minutes aerobics, 20 minutes step and 20 minutes toning.

**Pound** Pound is a full body class, combining cardio conditioning and strength training. Use lightweight drumsticks engineered specifically for exercising to transform drumming into an incredibly effective way of working out.

**Spin Express** The indoor cycling experience! A 30 minute low impact class, great for burning fat and improving aerobic stamina. Classes available for all abilities.

**Aqua** Aerobic workout in the pool! Work against the water using mitts, woggles & dumbbells. Great for toning, lots of fun. Non-swimmers welcome.

**Bounce Fit** Feel like a kid again and bounce your way to fitness in this fun, low impact exercise class using a mini trampoline. Bounce fit is a whole body workout that will burn lots of calories and improve your balance, co-ordination and stamina without stressing the joints.

**Hips.Bums.Tums** A low impact class great for strengthening and toning the lower body.

**Kettlework** Use kettlebells to effectively train your body in almost every aspect of fitness including strength, agility, endurance and balance. Burn fat, improve your power and your physique.

**BOSU Core Conditioning** This class uses the Bosu (BOth Sides Up), a balance trainer designed to improve balance and co-ordination whilst strengthening the core. BOSU incorporates balance with bursts of cardio into movements intended to help you tone all major muscles and streamline your mid section.

**Rig Fit** A group exercise class on our purpose built Jordan Ignite functional rig frame. Work at various stations using equipment such as battle ropes, sandbags, kettlebells and suspension systems for a total body workout.

**Suspension Training** Use suspension ropes and your own body weight to develop strength, balance, flexibility and core stability simultaneously. Class takes place on the functional rig frame in the gym.

**Tai Chi** Tai Chi is an ancient system of complete health and fitness. It uses slow meditative movements designed for relaxation, balance, health and focus. Tai Chi will help strengthen and improve your core stability as well as relieve stress and tension.

**Yoga** Improve posture, breathing, relaxation and gain improved physical health and a clearer mind.

**Pilates/Core Conditioning** Controlled movements with emphasis placed on correct spinal alignment. Increase abdominal and back strength, improve flexibility and posture.

## Studio/Class etiquette

tel: 01709 514444



- Classes can be booked 7 days in advance at the reception desk.
- There must be a minimum of 2 people for a class to go ahead.
- Please arrive 10 minutes prior to the start of spinning classes to allow time for bike set up. Arrive 5 minutes prior to all other classes.
- For your own safety, you are not permitted to enter a class once the warm up has started.
- Suitable clothing and footwear must be worn.
- Please inform the instructor if you are new to the class or if you have a medical condition/injury or if you are pregnant.

### IMPORTANT

If you are booked in for a class and are unable to attend, please telephone to cancel so that another person can take your place.

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## Class timetable

Group Fitness

