

Group Exercise Definitions

Aerobic

Classes designed to raise your Heart Rate

Target Cycling

Unique indoor cycle class using targets metrics and colours taking your fitness to new levels

Hatton Boxing

Learn how to safely hold pads and throw combos in this intensely fun boxing workout. Please note that this is a 6 week course with an additional cost of £45. For more info s.holmes@bath.ac.uk

Zumba

Fuses fitness, entertainment and culture in this dance fitness sensation

Zumba Strong

Combines a high-intensity workout using body weight, muscle conditioning, cardio and plyometric training moves synced to music

Studio Blast

This body weight only class will be sure to raise your HR in a fun and functional workout

Cardio Tennis

Perfect mix of cardio, tennis and social

Duathlon

This two-in-one class will challenge your body on a bike and on the track.

Body

Classes incorporating weights for a whole body resistance workout

Studio Circuits

Designed to challenge your strength and overall fitness to achieve results

Studio Con

Studio workout targeting whole body strength and toning

Kettlebells

One type of kit, one type of goal. Perform exercises that are exclusive to kettlebells and see the results

Rig Con

Using the bespoke rig area for this unique small group workout, equals more coaching and more specificity

TRX Circuits

The ultimate TRX workout. Suspension training, battle ropes and more...

Studio Core

Tone that mid section using a range of exercises focusing on stability as well as traditional floor based exercises

Olympic Lifting

This session teaches the principles of Olympic Lifting which hits your whole body. See your strength increase, technique improve and body change. Beginner, intermediate and advanced classes are available. Please note – this session is not included in the gym or classes membership and costs £8.

Calm

Classes focused on mind and body health

Yoga

Ditch the shoes and grab a mat. Time to focus on improving not only your strength and flexibility but also breathing and relaxation techniques

Pilates

An essential part to improving your body posture, co-ordination as well as incorporating work of core strength and breathing techniques