

# Group Fitness – Class Descriptions



Lynnsport offers you over 20 classes a week to choose from all designed to help you achieve your fitness aims and goals;

**(NEW) Zumba:** Zumba has become one of the fastest growing dance based fitness class workouts. This Latin based aerobic - cardio dance workout uses high intensity interval training as one of the methods of burning maximum calories. It is a blend of body sculpting dance movements and easy-to-follow dance steps. It is an excellent way to keep fit, tone your body, lose weight and have fun.

**Step BLT & Aero BLT:** these classes use simple yet effective choreography combined with powerful, athletic moves. Excellent for toning bums & thighs, whilst paying special attention to tummies.

**Pilates:** making a welcomed comeback. This class is designed to concentrating on inner core strength, balance & stability. This will lead to longer, leaner muscles and improved posture.

**Body Pump:** the worlds first class to combine high repetition weight training with aerobic conditioning to ultimately change your body shape in record time.

**Body Combat:** a fun & energetic cardio class, incorporating elements of Martial Arts, Tai Chi & Boxing. An excellent full body workout!

**Indoor Group Cycling 45/60:** this is an indoor cycling-inspired class that combines sound training principles and expert coaching at a self directed pace. Non impact, but high intensity. Classes are 45 or 60 minutes in duration.

**N.I.A:** known these days as Non-Impact Aerobics (formerly known as "Neuromuscular Integrative Action"), fuses dance movement, martial arts and healing arts into an invigorating cardiovascular fitness programme. In essence, NIA combines elements of tai-chi, yoga and dance

**Tai Chi:** a Chinese system of slow meditative physical exercise designed for relaxation, balance and health.

**Step & Condition:** a great all over workout which combines the sound principles of traditional Step and Aerobic classes whilst utilising other equipment in the studio such as dumbbells or resistance bands.

**Gently Does It:** aimed at the over 50's this fun but effective low impact class gives a great aerobic workout.

**Aerobics:** still a must on any timetable. This energetic workout combines hi and low impact moves to music creating a challenging but effective workout.

**Circuits:** this old school traditional fitness class makes a return to the timetable, circuits will take your fitness levels to new heights; this high intense class combines many different types of exercises to give a great calorie burning workout.

