

At Body Shape we absolutely love Group Exercise! Our selection of classes is diverse and there are classes suitable for all levels. Please check individual Club timetables for class availability and times. We constantly review our class selection to ensure that we have the newest and most effective classes available. Please refer to the level guide for class suitability;
















= Easier class suitable for beginners





















= Moderate intensity



= Tougher workout

Class	Description	Level
ABT	Bust those butts, tone those tums and de-size those thighs. A low impact, toning class, which targets the lower body.	
BELLYROBICS	Combination of belly dancing and aerobics moves. Get fit, tone up and have FUN!	
BODY ATTACK	High intensity interval workout, great for aerobic conditioning and fat burning. High and low options available to suit all participants.	
BODY BALANCE	A fantastic mind & body program, based around the movements of Yoga, Pilates & Tai Chi. Designed to stretch, strengthen, invigorate, challenge and restore your body holistically.	
BODY COMBAT	A motivating dynamic, fun low impact cardiovascular workout that combines elements of Tai Chi, Karate, Boxing and Kickboxing. A great overall body workout. Knock yourself out!	
BODY PUMP	Non-impact, easy to follow class designed to give your body a complete workout using barbells and weights to music. Great for fat burning and toning. PUMP technique must be completed before undertaking this class.	
BODY STEP	A cardio workout with choreographed moves utilising an adjustable platform. Body Step is an addictive class with great music suitable for all levels. Great for beginners and advanced participants.	
CIRCUIT	Fun class using different stations combining strength and cardiovascular exercises to provide a dynamic and easy to follow workout. May include boxing.	
CYCLE	A great workout for your heart and lungs which burns loads of calories. No coordination required for this incredible stationary cycle workout. Let your instructor provide you with ever changing scenery and challenges as you pedal to the beat of inspirational music.	
CYCLE EXPRESS	The same as cycle but condensed into 30 minutes for those in a hurry.	
DANCE FITNESS	Groove your way into a slimmer body whilst doing the latest aerobics moves. A great fun class.	
DANCE JAM	An aerobic class with a dance flair. Combines a variety of easy-to-follow dance styles including RnB, Hip Hop, Funk and Latin, to provide a full body workout. Suitably for everyone.	
EXPRESS BOXING (30 MINUTES)	A boxing style workout combining impact and cardio training. Boxing gloves are provided but you must wear inserts which may be purchased from reception.	
FATBUSTER	Low impact, choreographed aerobics class at medium to high intensity. Co-ordination required.	

FITBOX	An aerobics based martial arts class that teaches you the basics of self-defence, boxing and kicking. Fantastic for building confidence and a great workout. Boxing gloves are provided but you must wear inserts which may be purchased from reception.	
KICK BOXING	A martial arts class that teaches you the basics of self-defence, boxing and kicking. Fantastic for building confidence and fitness. Boxing gloves are provided but you must wear inserts which may be purchased from reception.	
KI YOGA	Therapeutic Japanese yoga focusing on Women's health. Designed to boost your metabolism, reduce cravings, balance Cycles and emotions, strengthen lower back and bellies, and harmonise body, mind and spirit.	
LATINO BLAST	Groove your way into a slimmer body whilst doing the latest basic Latin and aerobics moves. A great fun class.	
LOW IMPACT	Beginners class with easy to follow low impact moves. Great for calorie burning.	
MATURE MOVES	A VERY gentle class focusing on improving strength, flexibility and posture. Minimal floor work. Aims to make your everyday activities easier.	
NEWBODY	Combines upper body exercises with light hand weights and easy to follow low impact moves. Great for calorie burning and muscle conditioning. No running or jumping.	
NICE & EASY	A low intensity fun class for those who enjoy a more gentle class or those who are getting back into exercise.	
HI / LO	A combination of high and low impact moves. A great aerobics conditioning class.	
NRG+	High energy, high intensity class involving choreographed moves for everyone who is fit and co-ordinated.	
PILATES	Gentle stretching and strengthening exercises targeting back and abdominal core stability. The class may incorporate the use of equipment. Not suitable for people with special needs.	
STEP MOVES	Step for those who also want to exercise left and right brain! Suitable for people with a good understanding of step choreography and patterns! Go on challenge yourself!	
STRECTH AND TONE	Stretching and strengthening. Great for stress release.	
STOMP	Ideal for toning the entire body. 30mins step designed for fat burning and 30 mins pump for toning.	
TTB	A low impact workout concentrating on lower body (tummies, thighs, butts) Great class for toning.	
X-TRAIN	A total body workout for cardio and muscle fitness.	
YOGA	A body and mind experience where you will learn traditional yoga techniques that will help improve your flexibility. Great for stress relief.	
30 / 30	A gentle style of class divided into half stretching and half low impact. Great for beginners or for those just getting started again.	
30 MIN EXPRESS	Express workouts for those with busy lifestyles! Burn some serious calories or blitz those problem abs and butts. Do them both for an awesome workout!	