



Pavilion Club

Studio Class Description

Body Balance - Is a new generation yoga class that will improve your mind and body. You can expect to bend and stretch through a series of simple yoga moves with elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

Body Attack – Combines athletic movements like running, lunging, and jumping with strength exercises such as push-ups and squats. Our instructor will pump out energizing tunes and lead you through the workout.

RPM - Is a group indoor cycling workout where you control the intensity. With great music pumping and the group cycling as one, your instructor takes you on a journey of hill climbs, sprints, and flat riding. RPM is also available at The Pavilion as a virtual workout.

Sh’bam - A fun-loving, insanely addictive dance workout. Sh’bam is an ego-free zone – no dance experience required.

Body Pump - Is the original barbell class, the ideal workout for anyone looking to get lean, toned, and fit – fast. Using light to moderate weights with lots of repetition, body pump gives you a total body workout.

Body Step - In a Body Step workout you can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push ups and weight plate exercises, and the result is a fun, uplifting, full-body workout.

Aqua - Pool based exercise to improve fitness, burn fat and tone. Equipment is provided for extra resistance to work upper and lower body.

Active for life – Low impact slower paced class which uses various steps to provide a calorie-burning workout that is great for the whole body as well as improving your fitness. Easy-to-follow routines with motivating music.

Aerobics – A hi/low impact class which uses various steps to provide a calorie-burning workout that is great for the whole body as well as improving your fitness. Easy-to-follow routines with motivating music.

Body Conditioning – A low impact style workout using equipment such as hand weights and bands, which focuses on toning and strengthening different muscle groups.

Core – Exercises that encourage the development of the deep muscles to stabilise and align the body.

Dance – A freestyle type class, which builds moves into a routine develops coordination and is great fun!

HIIT – Short bursts of interval training using intense anaerobic exercises. An excellent way to maximise burning calories in a limited amount of time.

Konga – A mash up of Boxing, Cardio, Afro, Pop, Rock, and Disco!

LBT – Work on those stubborn areas! Simple aerobic moves combined with tough toning exercises to target the legs, bum, and tums.

Pilates – Participants must have completed an introductory beginner’s course before attending the timetabled classes.

Spinning – This is the freestyle version of indoor cycling where the instructor will use their own inspiring music and mix of different choreography to ensure you obtain the maximum benefit from your workout. This class will burn fat fast and increase your fitness levels

Step – A low impact class, which uses a step to provide a toning and calorie-burning workout that is great for the lower body as well as improving your fitness. Easy-to-follow routines with motivating music.

Stretch – A non-impact class which focuses on stretching and lengthening muscles, developing flexibility, and decreasing muscle tightness.

Yoga – These classes have a unifying effect on the mind, body, spirit, fostering health and harmony and the deepest levels to improve posture, flexibility, and well-being. Our classes incorporate a mixture of different styles.

Zumba – A mix of low-intensity and high-intensity moves for an interval-style, calorie burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba Fitness classes are often called exercise in disguise. Super effective. Super Fun.

