

# Group Exercise Classes



ST GEORGE'S HILL  
LAWN TENNIS CLUB

## Adult Swim Training

Water based training for all levels, come and get fitter and faster in the pool with your expert swim instructor to achieve your goals.

## All About the Arms

A total toning class for the arms. Sculpt and define to maintain definition and bone density.

## All About the Legs

A total toning workout for these major muscle groups. A real challenge.

## Aqua

Water based class. Strengthens the whole body with the resistance of water, along with resistance tools used to enhance your workout for maximum results. A full body workout suitable for all levels.

## Barre Fitness

This is a hybrid workout class- combining ballet inspired moves incorporating Pilates, dance, yoga and strength training. A great way to tone and shape the body.

## Body Blast

All over body workout. Exercise to music routines, followed with muscular, strength and endurance exercises.

## Body Blend

A class with a blend of Yoga, Pilates and Tai Chi. This class will help with flexibility and core strength. A class suitable for all levels.

## Burn Bootcamp

A complete workout challenging your cardiovascular strength, own body resistance and kettlebells/dumbbells. Suitable for all levels.

## Cosmic Flow Yoga

A smooth flow-based class combining essential elements of Hatha, Kundalini and Kryia yoga styles, closing with a mindful section. This class aims to bring a sense of balance to your energy resulting in feeling enhanced wellbeing.

## Dance Fusion

Let the rhythm of the music take you through fun filled dance moves of Jazz, Street Dance, Latin and contemporary dance. Suitable for all levels of fitness.

## Family Yoga

A family yoga class for all levels. Juniors aged 11 years plus must be accompanied by an adult and will be responsible for the child during the session, or pop along on your own to enjoy this class.

## Fit Steps

Combines graceful steps of the Ballroom with the up-tempo Latin steps to provide a fun and effective dance workout. Suitable for all levels.

## Free Beat Spin

Are you ready to ride the live show. Let the rhythm of the music guide you as your pedals spin and the good vibes flow. Instructor led spin class.

## Hyrox Complete

Complete training is the most race specific workout for current or prospective athletes. A blend of aerobic and lactic conditioning with strength and HYROX specific skills will challenge you physically and mentally.

## Hyrox Engine

Designed to boost endurance, aerobic capacity, lactate threshold and tolerance. This class utilizes a series of intervals, compromised workouts, and sprint efforts to develop speed, VO2 Max, and endurance.

## Hyrox Foundational

Foundational training is a straightforward class, as it resembles traditional circuit training. The objective of this program is to build baseline fitness in athletes: Strength, Endurance, some aerobic capacity, agility and skill work.

## Hyrox Power

Build the strength and muscular endurance needed to battle through every HYROX station with our Power class. Whether you are looking to gain muscle or bailout your endurance training, this class will help you move weight efficiently even when fatigued.

## Jazz Dance

Put on your dancing shoes and let your feet feel the rhythm of the jazz dance moves. A fun class with great music and energy. Benefitting from increased flexibility, coordination and endurance.

## LBT

The total toning class for the legs, buttocks and tums.

This class will attack and target these major muscles groups achieving great muscle tone, definition and the perfect body silhouette.

## Metcon

A metabolic conditioning class, utilising exercises that engage your metabolic pathways. This class is a challenge combining strength and cardiovascular conditioning.

## Mobility For Sport

A focused 30-minute session designed to improve joint mobility, movement quality, and functional range for all sports and everyday life.

## Morning Stretch

A perfect way to start your day with a full body stretch and balance workout. Mobilise your joints, warm up the muscles and boost your balance for the day ahead.

## Morning Yoga

Wake up your body with a type of flow including energising twists, carefully managed stretches as well heart & hip opening techniques. This class aims to give you scope to start your day with great energy helped by holding some postures for longer.

## Omnia 45

A 45-minute express class to challenge yourself by working with your own body weight, alongside equipment.

## Omnia Express

A 30-minute express class to challenge yourself by working with your own body weight, alongside equipment.

## Peak Spin

For those who love performance training, adapted challenges and entertainment, this spin class highlights key workout metrics to always keep you in your training zone. Instructor led spin class.

## Pilates

A total body conditioning class that rewards you with flexibility, muscle strength and endurance. There is a strong emphasis on spinal and pelvic alignment, breathing and strong core.

## Pilates for Rackets

Pilates class to promote and focus on muscle groups specifically for racket sports.

## Power Yoga

Power yoga enhances stamina, flexibility, posture and mental focus. It releases tension and toxins through this more rigorous yoga class. A faster more dynamic version of a traditional yoga class.

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## Pump

Resistance training at its best. A barbell-based workout that's specifically designed to help you get lean, toned and fit. Motivating all over body workout, exercising to music. Suitable for all levels.

## Spin Circuit

A circuit based class to challenge your body incorporating the step and your own body resistance. A great high energy fun class.

## Step Circuit

A circuit based class to challenge your body incorporating the step and your own body resistance. A great high energy fun class.

## Strength Bootcamp

Resistance training at its best utilising barbells, dumbbells and your own body resistance. Suitable for all levels.

## Strength & Conditioning for Rackets

Strength and conditioning class specifically tailored for racket sports to enhance performance.

## Strength & Conditioning Yoga

A blend of traditional yoga and dynamic strength training. Functional mobility practices with the mindful principles of yoga for increased cardiovascular fitness, physical recovery, agility, and body confidence.

## Stretch & Define

Balancing your body with a class of full stretching sequencing and defining the body with hand weights. An all over body workout to improve flexibility, endurance and overall wellbeing.

## Strength & Stamina

Full body workout using own body resistance and dumbbells to increase strength and endurance. Suitable for all levels.

## Sweat

A high intensity workout incorporating cardio, strength and plyometric training in short sharp bursts with limited recovery. This workout maximizes faster results, increases cardiovascular strength and burns many calories as you "sweat".

## Tai Chi

Slow relaxed movements concentrating the treasures known as Body, Energy and Spirit. Heightens your natural life forces and mental capabilities, giving you inner peace.

## Total Body Tone

A class designed to build strength, sculpt and tone. You will intensify the workout using dumbbells, Pilates balls or resistance bands. Suitable for all levels of fitness.

## Total Body Workout

An energetic cardiovascular workout combining both hi/low impact aerobic combinations. Toning with hand weights and body resistance mat-based work to complete your total cardio class.

## Vinyasa Yoga

Vinyasa is an approach to yoga in which you move from one pose directly into another, seamlessly, using breathe. You will develop a stronger mind-body connection and grow in strength and flexibility.

## Yin and Yang Yoga

A balance of Yin (passive & focus on flexibility and relaxation) and Yang (dynamic flow sequence & focus on building heat and strength) in the yoga practice, creating a holistic practice that also includes breathwork. This helps balance energy, improves joint mobility, and calms the nervous system, suitable for all levels.

## Yin Yoga

Yin Yoga is a slow-paced style of yoga exercise. The aim is to increase circulation in the joints and improve flexibility. Poses are held for longer periods of time to target the connective tissues rather than the muscles.

## Yin Yoga & Meditation

This class combines the benefits of fascial and tissue release with Yin Yoga with benefit of Yoga Meditation. Techniques used include props, sound, breathwork, directed meditation and singing bowls. The class aims to bring total body and mind deep release and a feeling of wellbeing.

## Yoga

Yoga is a mind and body practice. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation. A class that will promote both physical and mental well-being.

## Yogalates

This class is a fusion of yoga and Pilates. You will be taken on a mindful journey where the two disciplines blend, closing the class with relaxation/meditation.

## Yoga Therapy

With an individualised approach, yoga therapy uses gentle, accessible movement and breath to relax and regulate the body and nervous system, promoting health and healing. Suitable for musculoskeletal issues, improving sleep and a wide range of health conditions.

## Yoga Meditation & Relaxation

This class aims to bring deep relaxation using yoga techniques including specialist breathing, directed meditation, music and sound.

## Zumba

A fun choreographed dance class with hip-hop, soca, samba, salsa, merengue, mambo and martial arts. Exercise to music with fast and slow rhythms, as well as resistance toning.

