

GROUP EXERCISE CLASSES

Choose from a wide range of Exercise Classes to suit every ability and every goal. Whether you want to lose weight, improve strength, relax or simply have fun with others, there's something for everyone.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
7:00am – 7:45am Spin Cycle	8:00am – 9:00am Pilates	7:00am – 7:45am Spin Cycle	9:30am – 10:30am Circuits	9:30am – 10:15am Spin Cycle	9:00am – 9:45am Cordio
9:30am – 10:30am Legs, Bums & Tums	9:30am – 10:30am Studio Pump	9:30am – 10:30am Legs, Bums & Tums	10:30am – 11:30am Pilates	10:45am – 11:30am Aqua Fit	10:00am – 11:00am Boxfit
10:45am – 11:30am Aqua Fit	6:30pm – 7:15pm 'Mole Come Dancing'	6:15pm – 7:15pm Yoga	5:30pm – 6:30pm Low Impact Fitness	6:30pm – 7:15pm 'Mole Come Dancing'	
		6:30pm – 7:15pm Aqua Fit	6:45pm – 7:30pm Step Aerobics		

HOW TO BOOK: Book online via our members portal, Call us on 01769 540561 (Option 4) or speak to a team member on Reception.



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CLASS DESCRIPTIONS

AQUA FIT: Combining aqua aerobics with strength and conditioning moves, a workout in the water will get your heart pumping without putting pressure on joints. Low resistance but high in impact, your revitalise muscles while being gentle on your joints.

STEP AEOROBICS: Elevate your fitness routine with step aerobics, join our dynamic class for rhythmic step workouts, boosting cardio and toning muscles. Suitable for all levels, our sessions promise a fun and effective way to enhance your overall fitness. Step into a healthier you with our invigorating class

'MOLE COME DANCING': A lively dance fitness session incorporating a variety of styles, from Latin and Charleston to Disco! Guaranteed to keep you grinning and enjoying yourself throughout.

LEGS BUMS AND TUMS: Legs, bums, and tums is a full body aerobic workout that aims to tone up those flabby areas of your thighs, bum and stomach, great for those who want to improve their fitness levels.

SPIN CYCLE: Our Spin Cycle classes are a great way to have a vigorous workout, cycling to up-tempo music, means a solid workout of non-impact exercise. that will tighten up those legs and bums!

YOGA: You will work on basic poses and transitions between poses to build body awareness and confidence, increase flexibility, strength & co-ordination.
Suitable for all practitioners from beginners to advanced.

CIRCUITS: Experience a dynamic workout that combines strength, cardio and flexibility exercises in rapid succession. Each circuit challenges different muscle groups ensuring a comprehensive full body workout. Unleash your potential and conquer fitness goals in every circuit.

BOXFIT: Boxfit is an exercise concept based on the training methods used by boxers. Sessions typically involve hitting focus pads, fitness drills and partner work. Great full body workout.

CORDIO: Ignite your core strength with targeted exercises designed to sculpt and tone your abdominal muscles whilst having a blast of cardio in between! This high energy class blends dynamic movements, stability exercises and intense workouts to help you achieve a strong, resilient midsection whilst getting a sweat on!

LOW IMPACT FITNESS: A tailored fitness class designed to enhance overall wellness, mobility, and social connection. This class provides a supportive and friendly environment promoting both physical and social well bring whilst testing your strength, balance, functional movements, low impact exercise and ending with some relaxation.

PILATES: Pilates lengthens and stretches all the major muscle groups in the body in a balanced fashion. It improves flexibility, strength, balance and body awareness.

STUDIO PUMP: Strength class is a full-body workout designed to help improve muscular strength. A range of bodyweight and weight-based exercises to get all the muscles in your body working and pumping.



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