



# BROCKWELL LIDO

HEALTH • VITALITY • WELLBEING

## Class Descriptions

### SPIN

Designed to push you to the limit. Improves endurance and burns fat fast. Suitable for all levels this class is done from a bike, and works to tone legs, butt and thighs, whilst burning the most calories possible.

### BODYPUMP®

Is a class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat-burning.

### BODYATTACK®

Is a cardiovascular interval training programme that combines high intensity aerobics, strength and stabilisation exercises.

### BODYBALANCE®

A dynamic, fitness-to-music programme that leaves you feeling relaxed and renewed. BODYBALANCE® combines the best of eastern disciplines, like Yoga and Tai Chi, with popular new methods such as Pilates and Feldenkrais.

### BOXERFIT

This class utilises boxing training techniques. Learn all the moves and combinations set to uplifting music.

### KICKFIT

A Kick Boxing based circuit class aimed to give a whole body workout through Thai-Kick boxing techniques, related circuit program and a feel of the real deal!

### SKIPPING FIT

This is a challenging cardio class for those who like to push it hard a whole session skipping with speed ropes and muscular endurance workout.

### CARDIO CIRCUIT

The classic class using stations to work the whole body. Great for burning fat, toning muscles and increasing vitality.

### STEP

Is a cardiovascular programme that uses a height-adjustable step. Providing a high energy cardio workout to music.

### AEROBICS

Probably the oldest, but still the best in terms of exercise. A high energy class that is suitable for people of all abilities. Improves co-ordination, burns calories and is great fun!

### DANCE AEROBICS

Working mainly with tums and bums, dance aerobics really focuses on tightening those hard-to-hit areas: abdominals, glutes and hamstrings.

### CHI KUNG & SHUANG YANG

(Tai Chi), the arts of exercising the body's energy system. It involves simple exercises performed in a soft relaxed fashion combined with meditation. Ideal for relieving stress and tension, it also improves health, posture, breathing and self defense. Ideal way to start or end the day!

### CARDIO EXPRESS

A no nonsense burner with a twist - hi low aerobics to the tune of fast & furious Chutney/Bolly/Club beats, full body workout, cardio intense. Men & Women welcome.

### L.B.T

Legs, Bums and Tums class-Specifically designed to target the hips, butt, legs and thighs.

### SWISSBALL

Core stability class using the Swissball. Perfect to improve balance, core strength and suppleness.

### BOLLYWOOD KICK

A Fast & Furious Dance Aerobics Class for all those who love a bit of shimmi alternated with a serious hi impact routine, all to the sound of Bollywood & beyond. Learn some cool moves & lose a bucket load of calories.

### ZUMBA

A Latin inspired dance fitness class, suitable for all levels. Come and workout to the sounds of Salsa, Merengue, Cumbia and Reggaeton. Pulsating Latin rhythms with easy to follow dance moves.

### PILATES

Developed to offer a conditioning and toning technique that targets the deep muscles supporting the spine and major joints. Please see timetable for ability levels.

### FLAMENCO DANCING

Come discover the expressive and passionate art of Spanish Flamenco Dance. Students will gain a basic understanding of Taconeo (heel work) Braceo (arm movements) and Marcaje (dance movements) while getting a good overall body workout.

### HATHA YOGA

Open classes for all levels balancing exercise in the postures with periods of stillness and relaxation. The breath together with awareness of the body are emphasised, creating deep release which cultivates flexibility, strength, stability and relaxation

### ASTANGA YOGA

Classes incorporate preparatory movements to establish a stable breath, internal heat and a grounded centre before moving to the abbreviated primary series which promotes strength, flexibility and stamina through sun salutations, standing poses, and seated postures.

### DYNAMIC FLOW YOGA

Classes offer grounding, mindful breath-synchronized movements around a central core to establish stability, strength and composure, cultivating and refining biomechanical awareness.

### PREGNANCY YOGA

Gentle, safe, relaxing and enjoyable yoga movement and breath specifically for pregnant women (all stages of pregnancy from 14 – 42 weeks). This class particularly welcomes women in later pregnancy, but all stages are welcome.

### POST NATAL YOGA

Gentle, safe and revitalising yoga for postnatal recovery, done together with yoga for babies. All stages of postnatal recovery catered for, from 6 weeks until your baby is mobile.

### YOGA FOR A HEALTHY BACK

For those with short term and chronic back problems. Learn how to ease your pain and prevent relapse.

### SIVANANDA YOGA

Aims to retain the vitality of the body, retard the decaying process, and decrease chance of disease, by simply and naturally cultivating the body.

### BALINESE SHAKING

Tuning in to the shaking energy ignites an inner fire that burns away blocks within the body, mind and spirit. Can be cathartic in nature.

### EGYPTIAN BELLY DANCING

Learn the ancient art of authentic Egyptian belly dancing. An exciting, graceful, liberating and empowering dance in a relaxed, supportive and friendly class. These classes are open to women 14 years and up of any size or ability to enjoy.

### TOTAL BODY CONDITIONING

Total Body Conditioning is a fun filled work out that uses aerobic movements to lift your heart rate and burn calories. Uses hand weights to tone and sculpt the body.