

Circuit Training

A combination of cardio and strength training - all levels welcome - this class allows the participant to work to their own personal level. An instructor will put you through a variety of strength, cardio and flexibility stations. Feel free to go at your own pace in this highly motivating dynamic workout.

Aquafit

A safe, effective and fun cardiovascular and body workout in the pool with exercises for toning the upper and lower body. Using the water's natural resistance the muscles are toned whilst stamina is developed; the water's buoyancy offers support for a stress free workout. These classes provide a safe supported workout for any level and are particularly suitable for those with joint problems or who are new to exercise.

Boxercise

A circuit based class. Learn punching drills and techniques in this no frills workout focusing on skill and technique using hook & Jab pads, gloves and skipping ropes! An excellent class for men and women which guarantees an inspiring workout you won't forget!

Swiss Ball

A session focused on muscular strength, proper body alignment and balance, developing and strengthening key muscle groups with the aid of a fit ball.

Legs, Bums & Tums

A range of high intensity workout classes choreographed to music, sometimes including weights, bars and bands. They focus on the named body parts - to really let you see a difference - fast!

Body Blitz

A great new class which incorporates cardiovascular and muscular toning for both upper and lower body, this class is designed around music and combines aerobics with some free weights, step and abdominal exercises to inspire you to get the results you came for.

Pilates

Pilates is an exercise method, designed to elongate, strengthen and restore the body to balance. Based upon an anatomical understanding of the body's muscular and skeletal systems, classes will focus on specific areas whilst using exercises that integrate the whole body to re-educate and restore it to optimum muscular and skeletal function.

ABSolution

15 minutes of abdominal work designed to sculpt the mid section and strengthen your abs including crunches and a multitude of floor exercises that can help you to quickly improve your stomach muscles and ensure you have abs to be proud of. No choreography/rhythm necessary.

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