

## Class Description

### Zumba

Get moving, have fun, and feel great with our Zumba classes — a high-energy dance fitness workout. Combining upbeat music with easy-to-follow dance moves, Zumba is the perfect way to improve cardiovascular fitness, burn calories, and boost your mood in a welcoming and supportive environment. Whether you're a complete beginner or a regular fitness enthusiast, our classes are designed so everyone can join in at their own pace while enjoying a fun, social workout experience.

### Group Cycle

Push your limits and energise your workout with our Group Cycle classes — an exciting indoor cycling session designed for all fitness levels. Ride to motivating music while improving cardiovascular fitness, building endurance, and burning calories in a supportive group environment. Our instructors guide you through a mix of climbs, sprints, and steady-paced rides, allowing you to work at your own intensity and progress at your own pace. Whether you're new to cycling or an experienced rider, Group Cycle is a fun and effective way to stay fit and motivated.

### Yoga

Restore balance to your body and mind with our Yoga classes - suitable for all fitness levels. Combining gentle movement, stretching, breathing techniques, and relaxation, Yoga helps improve flexibility, strength, posture, and overall wellbeing. Whether you're a complete beginner or have previous experience, our welcoming classes allow you to move at your own pace in a calm and supportive environment. Perfect for reducing stress, increasing mobility, and taking time to focus on yourself.