

FOCUS  
AT  
**BADGEMORE PARK**

SO MUCH **MORE** THAN A WORKOUT

## **Class Descriptions**

**BARRE:** A combination of Pilates/Dance/Body Conditioning. Focussing on flexibility and strengthening your core in a full body toning workout. This class will challenge your body to a new level of fitness, engaging muscles you didn't know you had! This class is cardio based with a use of equipment such as a barre, weight, bands and balls. Every class is filled with high energy combinations that will get your 'Body burning at the Barre'.

**BARRELATES:** Where the power of Pilates meets the pulse of Barre! Get ready for a high-energy, full-body workout that tones, strengthens, and sculpts from head to toe. This class blends core-focused moves, balance challenges, and dynamic barre sequences, to fire up your muscles and boost your endurance without the barre. With upbeat music, equipment and non-stop movement, Barrelates keeps you energized while building deep strength, flexibility, and better posture. It's low-impact, high-burn, and seriously fun — the perfect way to sweat, sculpt, and feel unstoppable!

**CORE CARDIO:** Ignite your metabolism with this high-energy Cardio & Core class! Short HIIT bursts boost endurance, while focused ab and core exercises build strength and stability. Get ready to sweat and sculpt in one power-packed session.

**CALISTHENICS:** We will focus on core stability and control, intermixed with some spicy bodyweight cardio; perfect for rebuilding abdominal and pelvic strength! I will help you conquer endurance pacing, focussing on technique and giving some more variation to the timetable!

**DANCERCISE:** A fun, funky cardio-based workout that uses a variety of upbeat music to help improve your muscle tone, endurance and stamina. Dancercise is accessible to people of all ages and skill levels. This class doesn't focus on precise routines, more getting your sweat on while having fun and feeling confident!

**FOCUS SCULPT:** An all over body weighted conditioning programme, with maximum repetitions and tempos to match the music. A real fitness experience!

**FOCUS CONDITIONING:** An all over body workout, focusing on maximum calorie burn, fitness and strength.

**FULL BODY FOCUS:** This energising hybrid class fuses Body Conditioning, Pilates, and elements of HIIT for the ultimate full-body workout. Build strength and lean muscle with targeted conditioning, improve core stability, flexibility and balance with Pilates-inspired moves, and ignite your cardio with heart-pumping high-intensity intervals. Perfect for all fitness levels ready to challenge their bodies and boost their energy!

**HIIT BOXFIT:** A pure boxing blast! This class includes boxing circuits, pad work and core that will leave you feeling energised and strong. It's non-stop and is a serious calorie burner. You can bring your own gloves or use the ones at the gym.

**HIIT CIRCUITS:** This is a 30min blast class where we do a mixture of bodyweight HIIT exercises, weighted strength exercises, core, cardio.....you name it, we work it in this class!!

**HIIT TRX:** A combination of fast paced body weight and light weighted activities as well as slow & controlled TRX movements, this class will give you a full body workout.

**INDOOR CYCLE:** Maximum calorie burn and increased fitness and leg strength. A fun, motivational and exciting experience held in our specialised indoor cycling studio.

**KETTLEBELLS:** A high-energy class focused on kettlebell technique, strength, and conditioning. This class blends foundational and advanced KB movements with cardio and HIIT-style intervals to build power, endurance and total-body strength. Expect focused technique work, dynamic circuits, and conditioning blocks designed to challenge your cardiovascular system while reinforcing safe, effective kettlebell mechanics. Suitable for all levels with scalable options.

**LEGS, BUMS, TUMS:** Using the studio equipment (weights, balls, steps) this class does exactly as it says and focuses on strengthening & toning the lower half of the body. It's a great workout to engage your posterior chain, glutes, hips and core. It's also seriously good fun.

**LEARN TO LIFT:** Welcome to the home of strength! Holly is stepping up and inviting you to do the same and join her in up-skilling your training. In these lessons, you will be taught the fundamentals of lifting HEAVY weights. You will be taken through the foundational mechanics of compound lifts and instructed on what to practice in your gym sessions. From military pressing to back squats, she will guide you to a place on confidence and empowerment

**MONDAY MOTIVATION:** An early morning, motivational fitness fix. Circuit based class with great music and an all over body workout guaranteed to kick start your week.

**PILATES:** Pilates has something to offer all ages and levels of fitness. It will strengthen your entire body. Its main emphasis is on your core muscles known as the 'Powerhouse'. It will improve your flexibility, balance and posture. It is highly recommended for rehabilitation after injury. It is also great for general fitness and your personal wellbeing.

**RIG STRENGTH:** Not your average class! We work on compound strength exercises with Olympic weights. This class is all about building strength to live a better way of life. More balance, more coordination and increased strength to help live a healthier lifestyle.

**RIG CIRCUITS:** Using multiple functional strength stations on our hugely popular outside training rig, rig circuits offers a varied, fun and effective workout. We focus on strength, cardio and core fitness with the latest in advanced training techniques and programming. Learn how to master pieces of equipment like the weighted sled, the landmine attachment, monkey bars, tyre and many more.

**RIG FIT - CORE:** A core based functional HiiT workout specifically designed to focus on core movements that will ensure muscle fatigue. This workout will test your muscle endurance with a full session dedicated to creating core strength!

**RIGROX:** Involves training across more than one modality, to improve all-round fitness and performance.

**STRETCH & TONE:** This class is ideal for anyone and everyone. We work the entire body as you bend and stretch through a series of Yoga, Pilates and Toning sequences. You will feel strong and centred as you move through a carefully structured series of stretches and poses, bringing balance back into your busy life. You will flow through the workout, building flexibility and strength, feeling a sense of calm to finish.

**TRX:** One of the simplest but most effective pieces of kit in any gym. The TRX suspension training system uses the participants body weight & alignment to engage muscles that do not necessarily get used in other workouts. You can focus on strength, cardio & core, as well as mobility, flexibility and a lot of balance & coordination. You'll get serious results if you regularly attend these classes.

**YOGA - YIN:** A restorative and slow practice creating space in your body and mind. Yin is a subtle yet profound practice, you will develop inner awareness and serenity as you ease into reclined or seated postures. Holding these healing and prop-supported poses for 3 minutes or more will open the thicker layers of connective tissues around the joints, working with fascia, unravelling areas of tension that a dynamic yoga practice cannot always access. Observe your feelings without identifying with them as you move into stillness, peace and attentiveness.

**YOGA - HATHA:** Moving your body slowly and deliberately into different poses that challenge your strength and flexibility, while at the same time focusing on relaxation and mindfulness. Hatha yoga places special emphasis on controlled breathing and posture building core strength, which is key to good posture.

**YOGA - SLOW FLOW HATHA:** A slower pace allowing the mind and body to slow down but does not necessarily mean the class is easy. Combining Hatha and Vinyasa Yoga, this class is suitable for all abilities. If you are a beginner, expect to learn about postures, alignment and breathwork; you will be introduced to elements of flow moving from pose to pose in a sequence (with some resting). More advanced offerings will be given for the more experienced Yogi. This class is a good progression to Vinyasa Yoga.

**YOGA - POWER VINYASA:** A faster paced, dynamic and playful practice that links movement with breath, offering an opportunity to find your own rhythm and express yourself through the practice. Great for those looking for a more energetic practice. Vinyasa flow will guide you through a flowing sequence of postures, building strength, flexibility and balance and can be adapted to all levels. Whether you're a beginner or experienced with Yoga, you will find a challenging and rewarding practice that will leave you feeling energised after the class.

**YOGA - ROCKET:** The original power yoga. This modified rocket yoga class is a moving meditation; a dynamic, flowing practice, rooted in the traditions of Ashtanga Vinyasa helping build strength and flexibility. Starting with sun salutations, moving through standing postures with options for those who wish to invert, ending with seated poses and a brief meditation.

**YOGA - VINYASA:** Vinyasa is an approach to yoga in which you move from one pose directly into the next. This transition coordinates with your breathing. It's done specifically as you exhale or inhale, giving you the feeling that your breath is moving your body. A fast-paced Vinyasa session can be physically challenging.