

FOCUS AT BADGEMORE PARK

SO MUCH **MORE** THAN A WORKOUT

FOCUS Class Descriptions

BARRE: A high-energy blend of Pilates, dance and body conditioning designed to strengthen your core, improve flexibility and tone your entire body. Using the barre, weights, bands and balls. You'll enjoy a fun, cardio-based workout that will leave you feeling stronger and challenged.

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.

CALISTHENICS: Build strength, balance and control with this bodyweight-based class. Improve functional fitness, mobility and confidence through progressive exercises, all set to an upbeat playlist that keeps you moving from start to finish.

DANCE SCULPT: An energising, low-impact class that combines dance-inspired movement with full-body sculpting exercises. Using a variety of equipment, you'll strengthen and tone your arms, legs and core while enjoying great music. No dance experience is needed, just come ready to move, build confidence, and have fun.

FOCUS BALANCE: A calming yoga/Pilates based group fitness class that blends yoga, Tai Chi, Pilates & relaxation. Designed to build core strength, improve flexibility and reduce stress.

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. Perfect for all fitness levels ready to challenge their bodies and boost their energy!

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: Build strength, improve endurance and boost your overall fitness with our dynamic Kettlebells class. Using a variety of kettlebell exercises, you'll develop full-body strength, enhance mobility and increase cardiovascular fitness.

LEARN TO LIFT: Build confidence and master the basics of strength training. Each week, we focus on a key lift, improving technique with supportive coaching and feedback. Accessory exercises build strength, reinforce good form and help you progress safely.

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.

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 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!

RIG CIRCUITS: A fun and varied full-body workout using our outdoor training rig. Combine strength, cardio and core training while learning to use equipment such as the sled, landmine, monkey bars, tyre and more. Suitable for all fitness levels.

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

STEP & TONE: A dynamic, full-body group fitness workout that combines step aerobics (stepping on and off a raised platform) with resistance and body conditioning exercises. It is a fun, low-impact way to burn calories, improve your coordination, and strengthen major muscle groups like the glutes, thighs and core.

STRETCH & TONE: A full-body class combining yoga, Pilates and toning exercises to improve strength, flexibility and balance. Flow through a series of stretches and controlled movements designed to leave you feeling stronger, more centred and relaxed.

TRX: A simple but highly effective workout using suspension straps and your own body weight. Improve strength, core stability, balance, mobility and coordination while engaging muscles often missed in traditional training. Suitable for all fitness levels, with progressions to help you achieve great results.

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 HATHA FLOW: 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. This class is a good progression to Vinyasa Yoga.

YOGA - POWER: Power yoga is a fast-paced style of yoga that focuses on building strength and endurance. It is a fitness-based approach to the vinyasa-style yoga. Power yoga is an excellent form of yoga for burning calories as you use long powerful, full body flows to activate and engage all your major muscle groups.

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.

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.

YOGA - YIN: A slow, restorative practice that creates space in both body and mind. Through long-held, supported seated and reclined postures, Yin Yoga gently releases tension in the fascia and connective tissues around the joints, improving mobility and encouraging deep relaxation. Cultivate inner awareness, stillness, and a sense of calm as you soften into each pose.