

Class Descriptions

SPINNING

The Spinning workout is for absolutely anyone who wants to have fun and get fit - no co-ordination is required. It's a super aerobic bike workout that combines breathing, relaxation and visualisation in an aerobic class environment, or on an individual basis.

BOXERCISE

Boxercise has proven to be an extremely popular alternative fitness class. A circuit type class based on a boxing and skipping theme using traditional boxing moves and punches, this class will work you to the full. So whether you're male or female, if you're serious about getting fit then this could be what you're looking for.

AEROBICS

Hi-Lo aerobics and friendly fitness is a combination of high and low impact moves that will have your heart and lungs in full swing as well as burning those excess calories.

KETTLEBELL

Kettlebells are the ultimate tool for all round fitness and cross-training benefits. Kettlebell workouts increase strength, endurance, agility and balance, challenging both the muscular and cardiovascular system with dynamic, total body movements.

ZUMBA

The fastest growing dance based fitness craze in the country. Inspired by traditional salsa and merengue music, easy to follow dance moves creating a fun and effective workout.

JUST MUSCLE

Designed to improve strength and endurance in the major muscle groups and in doing so burn calories by increasing metabolism. It is excellent for helping increase lean body mass and improve muscle tone and definition without creating bulk.

SCULPT 'N' SHAPE

This class will improve overall muscle tone and posture through resistance training, providing a full body workout. An effective form of exercise, particularly if combined with aerobics.

CIRCUIT

You'll need total energy and determination for this extremely popular and even more demanding circuit! If you want to go all out for a total body workout then this circuit was made for you.

ACTIVE FOR LIFE FITNESS

These sessions feature a number of low impact fitness disciplines that are suitable for the beginner and improver. They provide a great starting point to get involved in fitness activities such as zumba or easy fit. They are also suitable for people who are moving on from a GP referral scheme such as Health through Activity.

STEP

A fitness class for people of all fitness levels providing an excellent aerobic workout and a firmer lower body.

BOOTCAMP

Bootcamps are designed to be a fast, intense and effective workout. Each bootcamp works towards trimming away unwanted fat whilst toning the body and improving all around fitness.

FIT2FIGHT

Designed to push you to the limits. Uses mixed martial arts fitness training techniques to push you hard and get you fitter, stronger and leaner.

AQUAFIT

Water based low impact fitness class. Suitable as an entry level class, though will also satisfy those people looking for an intermediate level workout.

AQUA CIRCUIT

A pool circuit class using water based equipment and a variety of adapted exercises. Aqua circuit offers an effective entry and intermediate level fitness class.

20-20-20/COMBOFIT

This combination class will improve overall muscle tone, it is excellent for the heart and lungs. With regular changes to the routine you will never get bored of the high-energy class.

METAFIT

Metafit combines traditional bodyweight exercises with the latest interval and Tabata techniques to set the metabolism on fire! Metafit is scientifically proven, results driven, high intensity total body fitness class, that will improve muscle tone, boost metabolism and ultimately burn fat. 'ITS HARD WORK THAT'S WHY IT WORKS'

See inside for all class times, venues and prices

Class Etiquette

- It is essential for you to fill in a fitness Par Q form prior to participating in the class to inform the fitness coach of any health issues which may effect you (this includes pregnancy)
- Class participants must arrive at least 5 minutes before the start of the class and are not permitted to be late
- Customers must produce a membership card or pay and produce their receipt to the fitness coach on entering the class
- Please wear suitable clothing for exercise and appropriate footwear
- In the interest of hygiene, please bring a towel with you
- It is advisable not to consume a large meal at least 2 hours before a class
- If you bring a drink with you please ensure you only use plastic bottles as glass is not permitted
- Anyone found to be under the influence of alcohol or drugs will be asked to leave
- The instructor or management reserves the right to refuse entry to any class
- In the event of an emergency or if a fire alarm sounds, please leave by the nearest fire exit, the instructor will guide you to this

Clairville Stadium

Tel: 01642 246767

Southlands Leisure Centre

Tel: 01642 300428

The Neptune Centre

Tel: 01642 230106

Rainbow Leisure Centre

Tel: 01642 592800

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Fitness Classes

'making more people more active'

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