

Fitness Class Descriptions

Yoga

A physical journey to stretch, strengthen and align the whole body, designed to connect body, mind and spirit. Key benefits are; focused mental state, improved energy, posture and flexibility. (Yoga takes many forms and styles, please see Activities Booklet for specific class).

Yoga Flow: A form of Yoga flowing from one position to the next with strength.

Restorative Yoga: A classic Indian Yoga style that is based on restoring body and mind.

♥♥ (Intensity of class will vary with the type of Yoga)

Pilates

A series of floor exercises that stabilise and strengthen the stomach, back and buttock muscles. Benefits include improved core strength, posture, co-ordination and more. Pilates can be ideal in the aid of treating some injuries such as lower back fatigue.



Tai Chi

A Chinese system of physical exercises designed especially for self-defense and meditation.



Meditation

This is your chance to give your body and mind time to be peaceful and reflect under the soothing guidance of one of The BodyHoliday's meditation coaches.



The Body Stretch

A great combination of flowing movements and controlled breathing with deep static stretches to help relieve tension and develop perfect posture.



The Body Circuit

The Body Circuit combines both cardiovascular and resistance stations to produce an all over body session. Work at your own level while challenging your weaknesses.



The Body Tone

A great chance to firm up the whole body using a combination and variety of weight based exercises and studio equipment.



The Body Burn

The Body Burn is a freestyle combination of low and high impact aerobic movements, providing options throughout.



On the Ball

Use the fit balls and other studio equipment to firm and tone up the core and the rest of the body.



Step this way

A basic high intensity step workout, combined with lower body conditioning exercises.



Dance Fun

A great combination of aerobic moves with a funky dance twist. No previous dance experience required.



Absolution

A workout designed to strengthen the abdominal core and lower back muscles, often in the form of a circuit session.



Martial Fun

Combining various martial arts and boxing movements to produce a real stress and calorie busting workout.



Aqua Fun

A class that always guarantees to be fun. Splash your way to a great fitness level at any age. Also an ideal class for pregnant participants and people with joint injuries.



BODYSPIN/BODYSPIN MAX

A 40(BODYSPIN)/55(BODYSPIN MAX) minute indoor cycling experience. If you are new to indoor cycling, be warned - you may get hooked! BODYSPIN and BODYSPIN MAX are the ultimate calorie burning rides, sign up for your first class today!

BODYSPIN / BODYSPIN MAX

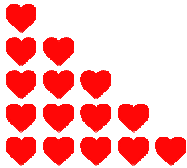
The BodyHoliday Circus Arts

"Wow - An experience of a lifetime" guests say. Take yourself away to the circus and try something you possibly thought you would never have had the opportunity to try; matt work, rings, trapeze or even a tight rope! (One class is complimentary per stay at The BodyHoliday) Additional classes incur a supplementary charge.



Heart Rate Intensity Scale:

Please note this heart rate intensity scale is simply a guide, all classes provide options throughout.



A no or very low intensity workout

Low intensity class ideal for total beginners to cardio exercise

Low to medium intensity

Medium intensity with higher intensity options

High intensity workout with low intensity options