



Wykeham Sports Club

A brief description of Classes.

AQUA FIT

A non weight bearing workout, using the water as resistance for toning and cardiovascular training.

BODY CONDITIONING

A low impact class concentrating on those problem areas (with a little for the upper body too!).

CIRCUITS

Builds stamina, strength and cardiovascular endurance. A total body workout moving you from station to station.

PILATES

A mat based class focusing on the core postural muscles, improving both strength and flexibility. All movements are slow and controlled.

YOGA

An evening class to focus awareness on releasing and undoing tension in the body and to experience the restorative, balancing effect of this on the mind and the emotions.

Length and Stretch

A flowing class combining Yoga and pilates to improve flexibility, strength and core stability and leave you feeling centred and calm..

Zumba

An exhilarating, effective, easy to follow, Latin-inspired, calorie-burning dance fitness-party™ for all levels of fitness.