

Go! Move

Classes Timetable



High Street, Clowne S43 4JY
www.goactive.org.uk



CARDIO

BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts.

Bounce is performed on mini trampolines and is a fun exercise with choreographed dance routines.

High Intensity Interval Training (HIIT) combines short, high intensity bursts of exercise, with slow, recovery phases.

Legs, Bums and Tums (LBT) is a low impact aerobic workout designed to tone up your hips, thighs, bottom and stomach.

RPM™ is the indoor cycling workout where you control your own resistance and speed levels and ride to the rhythm of powerful music.

Sprint is a 30-minute cycle workout that uses High Intensity Interval Training (HIIT) that helps you smash your goals faster.

CONDITIONING AND TONING

BODYPUMP™ uses light to moderate weights with lots of repetition and gives you a total body workout.

Core Class is a 30-minute high intensity workout aimed at the body's core.

CXWORX is a 30-minute workout that helps you exercise your muscles around the core and also get into some hip, butt and lower back exercises.

Kettlebells is a total body workout that combines power and strength to build stamina and total body strength.

Low Impact Circuit training takes you through a series of moves each performed for about one minute with little or no rest between exercises.

Teen Fit is aimed at 13-17 year olds and includes classes on aerobics, flexibility, strength and endurance to keep you fit and healthy.

MIND, BODY AND RELAXATION

Family Train is a chance for the whole family to train in an instructor led session for ages 7 upwards.

Fitness Yoga is a routine in which you can meditate by focusing on your breathing and relaxing all of your muscles.

Pilates is an exercise that focuses on balance, posture, strength and flexibility. It's suitable for people of all ages and fitness levels.

We Speak Your Language

Polish

Mówimy Twoim
językiem

Slovak

Rozprávame Vaším
jazykom

Chinese

我们会说你的语言

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