

CLASS DESCRIPTIONS

GROUP FITNESS CLASS DESCRIPTIONS

Reformer Pilates

Utilising the beds to get long and strong, our reformer classes are a strict good vibe only class. (30/45 mins)

Spin

Tackle the terrain head on as you navigate your way through mountain peaks and sprint efforts, here you can dig deep with the beats to find your limits. (30/45 mins)

Strength

Strength is the stronger sibling to sweat. Designed in a similar manner, this session has a focus on getting stronger with a greater focus on technique. (30/45 mins)

Stretch

Utilises a wide variety of stretch and mobility practices to lengthen all the problematic tight muscles. (30 mins)

Cardio pilates

This higher intensity based pilates is designed for those wanting a fast pulse and fast heart rate (45 mins)

One life

Our Gym based fitness program for members aged over 50 or with pre-existing medical conditions (45min)

Power Pilates

The stronger version of our cardio pilates, in power, the pulses are deeper, and the groans are louder as you tone and tighten all the best bits. (45 min)

Sweat

Get sweaty during this high intensity session designed to send your heart rate sky high. Utilising a variety of equipment with short work bouts with even shorter rest. (30/45 mins)

SANTOSHA STUDIO CLASS DESCRIPTIONS

Ashtanga Modified Primary Series

A shortened version of a traditional sequence focused on the importance of breath and movement. (60 mins)

Beginner's Blend

This class moves slowly and offers lots of instruction blending gentle poses with pranayama (yogic breathing), meditation and philosophy to introduce or broaden your experience of what yoga is. (60 mins)

Dynamic Yoga

A class focused on breath/movement connection and flow. Sessions will vary in pace and intensity in accordance with the teacher's observations of the students. (60 mins)

Eight limbs of yoga

Students will be guided towards a greater appreciation of 'The Eight Limbs', the philosophy, theory and history of yoga as they move throughout asana practice. (120 mins)

Gentle

A very simple and deliberate yoga practice designed for those with temporary or permanent mobility limitations, illness, injuries, fatigue or feelings of overwhelm. (60 mins)

Hatha Yoga

This class is for all abilities which moves more slowly, and the postures are often held longer. Pranayama (breath work) and meditation are often incorporated. (60 mins)

Meditation

Offers participants the opportunity to calm the mind and release tension from the body. (45 mins)

Qigong

This all-abilities practice can be likened to a 'moving meditation'. Combining simple movements, breath and focused awareness. Overall health benefits include increased coordination, balance, strength, flexibility, self-awareness and concentration. (45 mins)

Restorative Yoga

A floor-based practice using a wide range of props to support deep rest and relaxation. A practice for anyone but particularly those who experience chronic stress, pain, sleep issues or anxiety. (75 mins)

Rise and Shine

An all levels vinyasa class that focuses on connection breath and movement. This class will stretch, build and balance you in a calm and focused way. It will wake you up, get you going and ready for the day. (60 mins)

Traditional Hatha

Pranayama, sun salutations, inversions, back bends and forward folds all feature heavily working towards peak pose. A safe guided and meaningful traditional practice. (60 mins)

Vinyasa

Think flow. Vinyasa is a practice which links breath with movement to create a dynamic sequence and positive flow.

Weekend Wind Down

An all-levels class for people wanting to unwind. It is a yin style class with longer holds. Let the soft lighting, cosy room and chilled music relax and recharge you. (75 mins)

Yin Yoga

In yin we hold poses for longer periods of time. A range of props are used to support the body. The challenge of yin is to be still and look inward.

Yoga Nidra Meditation

You are guided to let go of tension in your mind and your body. (45 mins)

Slow Flow

This class will move at a slower pace, providing more time to set up poses and move between them. This encourages mindfulness, discovery and calm, which will allow you to sink deeper into your practice, suitable for members who want to move slower and for beginners (60 mins)