



Newcastle
University

FITNESS CLASS DESCRIPTIONS



CARDIO

BODY COMBAT LES MILLS **BODYCOMBAT**

A high-energy martial-arts inspired non-contact workout that will strengthen & tone the whole body & fuel cardio fitness. Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning tons of calories along the way.

SPIN CYCLING

Our Spin classes are a fast pace, high intensity workout geared towards all levels. Boost your cardio and strengthen your upper body, lower body and core for a full body workout. Our instructors combine music, speed and resistance to raise your heart rate, burn calories and have as much fun as possible. Some classes may include some additional floor work.

ZUMBA



The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

UPPER BODY HIIT

Toned arms and a rock-hard core is what you'll get from this session. Targets your core, arms, back and shoulders to shape, tone and strengthen your upper body. Uses a mixture of plates, dumbbells & your own body weight to help you get results and that upper body burn. Do not expect endless crunches.

LOWER BODY HIIT

This is the ultimate lower body and glute workout, not only will you be hitting your lower body, you'll also be hitting your abs. This class is designed to build, shape and tone your glutes, thighs and calves whilst toning your legs and core. Dumbbells and bodyweight exercises are used to specifically target your lower body. In short you will be feeling the burn while transforming and strengthening your whole body.

BODY CONDITIONING

A fun mix of cardio, body weight and plates which progressively works the whole body. Simple to follow whilst challenging your strength and endurance. Finished off with a CORE CRUSHER workout for a great full body class. Suitable for all fitness levels.

FULL BODY HIIT

Incorporating strength & cardio into one high impact workout. Target all muscle groups for an awesome full body session. Be ready to break a sweat & get fit QUICK! A huge calorie and fat burner, this class is tough, challenging and not for the faint hearted. Suitable for all fitness levels.

SPIN HIIT

The HIIT Spin class is shorter in duration but higher in intensity and sets your metabolism on fire for 12-34 hours after the class. Improve your cardiovascular fitness, burn calories and tone your legs.

HIIT

STRENGTH

BODYPUMP

LES MILLS
BODYPUMP

The original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

SCULPT & TONE

Build lean muscle, burn calories. A total body workout that aims to get you toned and defined. Using a variety of light to moderate weights and bodyweight exercises, targeting all major muscle groups to improve your whole body strength, fitness and movement. This full body workout is a great combination of strength and conditioning recommended for beginners through to seasoned class goers. This class is great if you want to increase your muscle tone using lighter weights, sweat out the weekend and improve energy levels for the week ahead. Tone up and get stronger.

CORE

A fun packed 30 minutes designed to tone, build and strengthen the abdominal muscles. Core uses various skills and techniques to target the core muscles; including floor routines, full body stretches and fast paced exercises.

YOGALATES

Yogalates will focus on flexibility, strength and relaxation. Moves are simple with more challenging options available choreographed to music.

YOGA (FITNESS)

This class is a total body programme that incorporates stretch, strength, relaxation and balance. As well as enhancing overall fitness and stress management the class improves posture, self-awareness and confidence. The combination of flowing moves and static poses can be taught in many different levels, thereby making the class suitable to all age ranges and abilities.

YOGA (VINYASA)

Vinyasa flow is a dynamic, energising and nourishing style of yoga. As we begin to move through a physical flow with the breath our inner energies begin to flow more freely through the body leaving us feeling revitalised and nourished.

YOGA (MIXED ABILITY)

New to Yoga; Not done it for ages; Wondering: Don't you have to be flexible? What's it all about? Ujjaii breath-what's that? Down-dog? Mixed ability Yoga with Sally will replace the fear of the unknown. All you need is an open mind.

PILATES

A series of controlled movements that engage the mind & body in developing strong flexible muscles without adding bulk. Emphasis is placed on developing deep torso strength and flexibility to ensure proper posture and reduce risk of injury. A cross between Tai Chi & Yoga.

WELLBEING