



The Beach Club

HEALTH AND FITNESS

Exercise Class Descriptions

Aqua Aerobics

The aqua aerobics classes are a fun, safe and effective workout using the water for resistance to tone the muscles and improving cardiovascular fitness. It's a really enjoyable class.

Boxercise

Combining both aerobic and anaerobic energy systems this effective and fun form of exercise will give you a full body workout also enhancing hand-eye-co-ordination, balance and timing, Suitable for all ages and abilities.

Hatha Yoga

Improves health, balance and flexibility with postures from the simple to more advance. Relieve everyday stress and increase energy levels.

Astanga Yoga

Astanga Vinyasa yoga is a series of yoga postures designed to develop the mind, body and spirit. The following movements follow a controlled breath which brings concentration and relaxation.

Zumba

The Zumba program infuses hypnotic Latin rhythms with easy to learn moves that create a fitness program that will blow you away. The class involves interval training where slow and fast moves with resistance tone and sculpt your body while burning fat.

Capoeira

Everyone is welcome to join in with Capoeira to develop your strength, flexibility, co-ordination, reflexes and rhythm. It combines a dance, ritual and mock combat all mixed up in the music of Brazil.

Wake up...work out

This is a progressive class modelled around the participant's capabilities. Containing training for strength, CV and toning for the whole body, this class is sure to wake you up and prepare you for the day ahead.

Wing Chun

This Chinese martial art meaning 'beautiful sunshine' was created by a female former shaolin monk, and made famous by the late Bruce Lee. It is a close range combat system based on a set of scientific principles that allows you to dispatch your foes as quickly as possible. This class is suitable for anyone over the age of 14, prior martial arts knowledge is an advantage but not essential.

15 minute Blast

This is a short session focussing on your abs and core using different methods. This class is suitable for all ages and abilities.

If you have any inquiries about any of the classes or would like to book please ring and ask a member of the beach club staff.