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## Class Description

**BOOTCAMP:** A fitness boot camp is a mixture of using body weight exercises and functional equipment in a circuit to increase muscle tone and lose fat!

**LET'S RIDE:** An instructor led class on a stationary cycle. The LED disco lights and booming music will energise you to burn those extra calories!

**JUST ABS:** This class is a hit 'em hard abdominal workout class focusing on firming up oblique's, transverse and rectus abdominis.

**CRUNCH CIRCUIT:** This class involves moving from one station to another in set periods of time. Exercises vary between cardio and strength and can include a variety of equipment to work the entire body

**KETTLEBELLS:** Kettlebell training is a challenging total body workout designed to improve strength, endurance and muscle tone by challenging both the muscular and cardiovascular systems with dynamic, total body movements. A big emphasis on developing flexibility and core strength.

**LEGS, BUMS AND TUMS:** This class concentrates on three key areas of your body aiming to tone up those flabby areas of your thighs, bum and: stomach, great for those who want to lose weight or simply want to improve fitness levels.

**BOXERCISE:** Boxercise is a sports specific high-intensity exercise class that combines resistance training with aerobic exercise. This class uses the whole body as you work on body movement, agility and momentum. Learn several different punches and movements to enhance hand- eye co-ordination, balance and timing. It's great for relieving stress too!

**ZUMBA:** Zumba is a dance fitness program which combines exotic rhythms set to high energy Latin and international beats with unique moves and combinations.

**INCHES A WEIGH:** This is a diet management class that includes optional weekly weigh ins, motivational talks, exercise tips, weekly food plans and healthy recipes. . Each week focuses on a different aspect of nutrition to get the most out of what you are eating

**BODYBALANCE:** From The Les Mills brand Body Balance is the Yoga, Tai Chi, Pilate's workout that builds flexibility and strength and leaves you feeling centred and calm. It uses controlled breathing, concentration and carefully structured series of stretched, moves and poses to create a holistic workout that brings the body into a state of harmony and balance.

**ARMS & ABS:** This class incorporates the use of weights for toning the upper body especially the arms. The exercises are designed to specifically strengthen, tone up and burn off belly fat. Using the weight of the weights, we will test your fitness by focusing on your core and midsection.

**BODYATTACK:** From The Les Mills brand Body Attack is a sports-inspired cardio workout for building strength and stamina. This high energy training class combines athletic aerobic movements with strength and stabilisation exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals.

**HIIT:** High Intensity Interval Training - not for the faint hearted! This is a class for those who like to be pushed, getting the absolute maximum out of a workout in a shorter space of time than most other classes.

**PILATES:** Pilates includes body conditioning routines that helps build all over body flexibility, muscle strength, and endurance. It puts emphasis on spinal and pelvic alignment, breathing, and developing a strong core or centre, and improving coordination and balance.

**YOGA:** A spiritual and ascetic discipline, including breath control, simple meditation and the adoption of specific bodily postures, which is widely practiced for health and relaxation.

**T..R..X:** Bodyweight-specific exercises using suspension straps to make TRX a class for anyone and everyone. Excellent for developing core strength and stability through functional exercises with many difficulty levels that are easy to adapt to and from.

**FUSION FIT:** A circuit class designed to increase your metabolism for total body muscular endurance.

**INSANITY:** Insanity is a revolutionary cardio-based total body conditioning class based on the principles of MAX interval training, by using Max interval training, insanity pushes the participant to new heights, resulting in more calories burned, faster results and a more efficient metabolism.

**KUNDALINI YOGA:** In yoga literature, Kundalini is depicted as a serpent coiled at the base of the spine, representing our untapped potential and energy. Kriya means energy enhancement, and the Kundalini kriya incorporated into this class magnetize the spine, build stamina and direct the life force that calms and refines the nervous system.

**BODYPUMP:** From the Les Mills brand Body Pump is one of the world's fastest ways to get in shape as it challenges all of the major muscle groups while you squat, press, lift and curl. It uses the REP EFFECT a breakthrough in resistance workout training. Focusing on low weight and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

**HATHA YOGA:** Hatha yoga uses bodily postures, breathing techniques, and meditation with the goal of bringing about a healthy body and a clear, peaceful mind

**BODYCOMBAT:** From the Les Mills brand this fiercely energetic workout is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. During this ultimate warrior workout, you'll strike, punch, kick and kata your way through calories to superior cardio fitness.

**BALL & CORE:** A fun effective low impact balancing and conditioning class using a swiss ball that helps develop your core fitness.

**RIDE & ABS:** Taught on some stationary bike, ride and abs combines a traditional spin class with hard hitting abdominal exercises to ride your way to fabulous abs.

**METAFIT:** This workout combines traditional bodyweight exercises with the latest HIIT training techniques to set the metabolism on fire! Metafit classes use bodyweight exercises to target the largest muscle groups in the body for greater effect.

**FAB ABS KILLER BUTT:** This class focuses on the two key areas of the abdominals and the gluteal muscles. Using specific exercises to target and tone these problem areas.

**TRAIN FOR POWER:** The class is designed for perfecting squatting, dead lifting and Olympic lifts.

**BODY SCULPTING YOGA:** Yoga exercises that rely on body weight and static poses. This is an intensive workout that will sculpt and tone your muscles including the core.

**THE HOURGLASS WORKOUT:** A personal trainer led class that focuses on all over muscle tone, using barbells and a Reebok step board to make resistance exercise more enjoyable.

**VIBE CLASS:** Don't just ride..... Feel the Vibe! Vibe cycle is a great fun workout- Everyone can ride a bike! Each participant is in total control of their own resistance level. It is a great fantastic way of getting fit and burning plenty of calories.

**TOP TO TOE TONE:** All over body workout, combining weights and body weight exercises.

**LES MILLS GRIT CARDIO:** Grit cardio is a high intensity interval training workout that features explosive high impact movements designed to burn fat and improve athletic capability

**LES MILLS GRIT PLYO:** Is an intense plyometric-based workout that gets results fast! Combining the principles of plyometrics and power agility training, these team training sessions on a bench will build a powerful, agile and athletic body.

**LES MILLS GRIT STRENGTH:** Using weight plates and the bench, Les Mills GRIT Strength is an intense team training session that will blast all major muscle groups and take your training to the next level.

**STONE IT:** Using resistance exercises, this class will help improve the strength, health and fitness of your muscles and improve joint stability. You'll target all major muscle groups for a full-body toning session.

**SKIP FIT:** Skipping based high intensity exercise class providing a fun all over body workout designed to improve fitness levels agility and coordination.

**STRETCH AND RELAX:** Our Stretch and relax class consists of gentle exercises helping to improve flexibility, posture and relaxation, using a variety of positions that strengthen and stretch the body.

**TABATA:** The traditional Tabata workout is one of the most effective ways to lower body fat. Tabata features 20 second intervals of extreme exercise, followed by 10 seconds of rest. These bursts of intense work will torch calories and strengthen your entire body.

**HOT YOGA:** The classes are to be held in the awesome purpose-built studio and are held at a temperature of 40 degrees! Benefits include: \* Aids flexibility and suppleness \* Increases energy levels and improves strength \* Aids better sleeping patterns and assists in relaxation \* Aids focus, and concentration \* Hot Yoga can help support your recovery and help injury prevention \* The body can burn off anything from 450 calories to 600 calories per class.

**METLOAD:** A method of training that involves high intensities using carefully selected exercises designed to burn more calories. Increasing the calories burned after your workout (The After Burn Effect). Challenging the whole of the body using repeatable compound exercise bouts and very short recovery intervals.

**3 C's (Cardio, Core, Crunch):** A session segmented in to 3 parts: Cardio: Cardio type activity exercises to elevate the pulse rate and increase calorie expenditure to burn more calories. Core: Transitioning to actively recruit the core muscles. Encouraging you to switch on the 'inner unit' of your core. Crunch: Ending the session with a crunch sequence to tighten and tone the abs.

**STRETCH & REVIVE:** This class will help you stay supple and encourage recovery after your workouts. Staying flexible, supple and mobile is the key for our daily movement. 30 minutes of selected mobility, stretching and breathing exercises that will leave you feeling stretched and revived.

**LES MILLS SPRINT:** Les Mills SPRINT is a 30-minute workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill of the ride and motivation comes from pushing your limits. A high intensity, low impact workout, its scientifically proven to return rapid results. The work you put in drives your body to burn calories for hours. You combine bursts of work with periods of rest. The payoff? You smash your fitness goals, fast.

**HIGH INTENSITY POWER PILATES:** A dynamic, cardio Pilates class which applies all the principles and good form that Pilates provides but in a high intensity cardio work out designed to get you up off the mat. HIP Pilates combines core function, strength balance and coordination during movements to create an energetic cardiovascular workout to compliment your regular Pilates.

**VINYASA YOGA:** A dynamic practice focused on combining breath with movement. By creating a continuous cycle. We flow through a challenging form of yoga designed to open the body and evolve into movement meditation.

**YIN YOGA:** To every Yang there is Yin, a complementary form practice that represents the cooling lunar side of Yoga. Here we target the connective tissue and fascia that normally are skipped over in free-flowing practice. Yin is designed to create deep stretch and calm the mind using passive postures and deep breathing.

**THE TRIP:** Is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds. With its cinema-scale screen and sound system, THE TRIP takes motivation and energy output to the next level, burning serious calories.

**LES MILLS CXWORX:** During the 30-minute workout trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

**LES MILLS SH'BAM:** Featuring simple but seriously hot dance moves, SH'BAM™ is the perfect way to shape up and let out your inner star - even if you're dance challenged. \* Benefit from interval training peaks \* Get in the fat burn zone without the "hard work" workout \* Improve coordination \* Increase cardiovascular fitness

**LES MILLS BODYJAM:** BODYJAM™ is the ultimate combination of music and dance. Get dancing and toned with BODYJAM, a modern choreographed group workout

**LES MILLS BARRE:** a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, LES MILLS BARRE is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights.

**LES MILLS RPM:** RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

**Lose Weight, Tone up, Feel Great!**