

WORK, STRETCH & PLAY!






CLASS DESCRIPTIONS

the
EDGE
FITNESS | SPORT | WELLBEING






UNIVERSITY OF LEEDS

CARDIOVASCULAR CLASSES

Aerobics	Looking to increase your physical activity levels and improve your coordination? Aerobics is a traditional class which includes a variety of choreographed moves that will raise your heart rate to give you a full body workout. A rhythmic aerobic exercise class performed to motivating music with the goal of improving all elements of fitness.
Aqua	Based in the pool, workout routines will be familiar to those who have experienced land aerobics, and include jumping jacks, walking and running backwards and forwards. Workouts commonly feature woggles, aqua mitts and aqua dumbbells which are used to aid resistance.
Body Attack 	Body Attack is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals from the weekend athlete to the hard-core competitor.
Body Combat 	Body Combat is the empowering cardio workout where you can totally unleash. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.
Boxercise	Providing an entire body workout based on the skills and techniques used in the boxing ring. There is no body contact so do not be alarmed, instead you will train with a variety of boxing moves and techniques that provide a calorie burning workout suitable for all abilities.
Bokwa Dance 	Bokwa is a cardio blend of hip-hop and step aerobics that taps into South African-style dance. The dance steps are based on letters and numbers, not choreography. The movements are in the shape of English-language letters, for example L, J, and C. Once dancers have the steps down, they can jazz it up with extra shimmies, hip bumps, or other freestyling moves.
Cardio Circuits	A class that will burn major calories! Cardio circuits is designed to increase your fitness and endurance, covering exercises that will also improve your core and general strength.
Deep Aqua	Deep Aqua is the same as traditional Aqua, however this is taken to the next level where in parts of the class the floor is removed to challenge the body! You must be a confident swimmer to be able to participate.
Insanity 	The most heart pumping, muscle shredding, sweat dripping, high intensity cardio workout you will ever do!
Keiser Indoor Cycling 	This continues to be one of the hottest trends in the fitness industry. Enlivened by athletic racing, interval training and visualisation, Keiser Indoor Cycling programming is the future of fitness. Your Keiser Indoor Cycling program is constantly evolving from beginner to expert. This diversity in your workout develops ultimate fitness without overtraining.
My Ride	My Ride delivers a sensational Indoor Cycling video experience. The classes are virtually instructed providing users with a flexible and engaging approach to experiencing Indoor Cycling. Classes are offered at three levels; beginners, intermediate, and advanced. Beginner classes include a demonstration of how to set up your bike and an introduction to cycling.



<p>My Sportif</p>	<p>A development of the My Ride session with the added benefit of taking a cycle ride through worldwide destinations with background music and guidance on effort levels.</p>
<p>Nike Training Club</p> 	<p>Nike Training Club is a full body training session designed to get you lean, toned and strong. Inspired by world-class athletes and developed by a Nike professional trainer, the classes build on the fundamentals of strength, cardio, interval and core training to create workouts that continually challenge your body and maximise your results.</p>
<p>Swimfit</p> 	<p>A swimming programme which provides an alternative to land based circuit training for those wanting to improve their fitness and ability in the water. Led by a qualified instructor these carefully structured sessions provide a range of length-based and goal-based pool workouts which will keep you motivated to go to greater lengths. It is recommended that you are able to swim 200 metres and swim with your face in the water to participate in the class.</p>
<p>Zumba</p> 	<p>Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness programme 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.</p>

RESISTANCE CLASSES

<p>Body Pump</p> 	<p>Body Pump is the original barbell class that strengthens your entire body. It challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!</p>
<p>Body Weight Conditioning</p>	<p>If you are tired of an untoned body and want to get some gorgeous glutes, amazing abs, perfect pecs and tight triceps, then Body Weight Conditioning is for you! This class has you using your own body weight as resistance to get your body toned and shapely. This class is a challenge to anyone from total beginners to already training athletes as it will compliment any training regime.</p>
<p>Bokwa Tone & Core</p> 	<p>Bokwa Tone & Core is an exciting new group workout that targets the midsection. Combining unique and energising upper and lower body movements to music, Bokwa T&C means you never have to get on the floor and do another crunch again. You will love the experience and the results! A typical class will involve a systematic breakdown of upper body core workout including proper alignment and movement and the integration of the tone and strength movements with Bokwa letters and numbers.</p>
<p>Bootcamp</p>	<p>Bootcamp classes mix traditional aerobic and body weight exercises with interval and strength training. They are designed to resemble a military boot camp to ensure participants get the most out of their training.</p>
<p>Bums Legs and Tums (BLT)</p>	<p>A conditioning class focusing on those problematic areas of legs, glutes and abdominals.</p>
<p>Circuit Training</p>	<p>A class with multiple exercise stations focusing on specific muscle areas and components of fitness to give you an all over calorie busting workout.</p>

WELLBEING CLASSES

Ashtanga Yoga	Ashtanga is a physical form of yoga which synchronizes breath and movement through a precise sequence of postures called the primary series. The intention of the practice is to cleanse, stretch and strengthen the body, as well as focus and calm the mind.
Dynamic Yoga	Dynamic Yoga is a movement based yoga practice that encourages a flow between breathing and posture. The class moves at a steady pace towards a rewarding relaxation at the end.
Fab Abs	A session which effectively isolates the abdominal and core region.
Fitball	Fitball is a unique workout, using a big bouncy ball that offers toning, strength building and stability exercises that cannot be found with any other workout. Have a good time whilst moving to music, improving your balance, co-ordination and cardiovascular development.
Gorgeous Glutes	A class to develop and tone your glutes whilst improving posture, lumbar strength and aiding your general balance.
Iyengar Yoga	Focuses upon the use of correct body alignments to harmonise with our development, eliminating aches and pains, and improving posture. The asana positions are held for considerable lengths of time to let the effects of the poses deepen within the individual.
Pilates	This class focuses on slow, controlled methods to tone the body, targeting the deep postural muscles, strengthening from within to improve posture and general wellbeing.
Tai Chi	Tai chi, also called tai chi chuan, combines deep breathing and relaxation with slow and gentle movements. Originally developed as a martial art in 13th-century China, Tai Chi is today practiced around the world as a health-promoting exercise. Tai chi is commonly performed as a low-impact exercise, which means it won't put much pressure on your bones and joints. Most people should be able to participate.
Vinyasa Yoga	Vinyasa means "breath-synchronized movement" and Vinyasa yoga is a series of poses that will move you through the power of inhaling and exhaling. Vinyasa movements are smoothly flowing and almost dance-like, which explains why it is sometimes referred to as Vinyasa Flow or just Flow.
Yoga	Yoga improves the strength and flexibility of the muscles and spinal column. It also tones the abdominal region. Props, such as foam blocks may be provided to help body alignment.
Yoga Nidra	Yoga Nidra or "yogic sleep" is a sleep-like state which Yogis report to experience during their meditations. Yoga Nidra is among the deepest possible state of relaxation while still maintaining full consciousness. The distinguishing difference is the degree to which one remains cognisant of the actual physical environment as opposed to a dream environment. In lucid dreaming, one is only (or mainly) cognisant of the dream environment, and has little or no awareness of one's actual environment.