

FOCUS
AT
BADGEMORE PARK
SO MUCH MORE THAN A WORKOUT

FOCUS Class Descriptions

ABS BLAST : A mixture of exercises combined to work on strengthening and toning the core along with core stability.

BARRE : A combination of Pilates/Dance/Body Conditioning. Focussing on flexibility and strengthening your core in a full body toning workout. This class will challenge your body to a new level of fitness, engaging muscles you didn't know you had! This class is cardio based with a use of equipment such as a barre, weight, bands and balls. Every class is filled with high energy combinations that will get your 'Body burning at the Barre'.

BOXFIT: A pure boxing blast! This class includes boxing circuits, pad work and core that will leave you feeling energised and strong. It's non-stop and is a serious calorie burner. You can bring your own gloves or use the ones at the gym.

DANCERCISE : A fun, funky cardio-based workout that uses a variety of upbeat music to help improve your muscle tone, endurance and stamina. Dancercise is accessible to people of all ages and skill levels. This class doesn't focus on precise routines, more getting your sweat on while having fun and feeling confident!

FOCUS SCULPT : An all over body weighted conditioning programme, with maximum repetitions and tempos to match the music. A real fitness experience!

FOCUS CONDITIONING : An all over body workout, focusing on maximum calorie burn, fitness and strength.

FOCUS FIT - CORE : A core based functional HiiT workout specifically designed to focus on core movements that will ensure muscle fatigue. This workout will test your muscle endurance with a full session dedicated to creating core strength!

HIIT CIRCUITS : This is a 30min blast class where we do a circuit of mixed exercises. Body weight HiiT exercises, weighted strength exercises, core, cardio.....you name it, we work it in this class!!

INDOOR CYCLE: Maximum calorie burn and increased fitness and leg strength. A fun, motivational and exciting experience held in our specialised indoor cycling studio.

LEGS, BUMS, TUMS : Using the studio equipment (weights, balls, steps) this class does exactly as it says and focuses on strengthening & toning the lower half of the body. It's a great workout to engage your posterior chain, glutes, hips and core. It's also seriously good fun.

MONDAY MOTIVATION : An early morning, motivational fitness fix. Circuit based class with great music and an all over body workout guaranteed to kick start your week.

BOOTCAMP : Circuit based interval training consisting of short bursts of intense activity alternated with intervals of lighter activity.

FRIDAY FREESTYLE : Strength and conditioning combined with cardio core exercises, particularly focussing on the correct form.

PILATES : Pilates has something to offer all ages and levels of fitness. It will strengthen your entire body. Its main emphasis is on your core muscles known as the 'Powerhouse'. It will improve your flexibility, balance and posture. It is highly recommended for rehabilitation after injury. It is also great for general fitness and your personal wellbeing.

RIG STRENGTH : Not your average class! We work on compound strength exercises with Olympic weights. This class is all about building strength to live a better way of life. More balance, more coordination and increased strength to help live a healthier lifestyle.

RIG CIRCUITS : Using multiple functional strength stations on our hugely popular outside training rig, rig circuits offers a varied, fun and effective workout. We focus on strength, cardio and core fitness with the latest in advanced training techniques and programming. Learn how to master pieces of equipment like the weighted sled, the landmine attachment, monkey bars, tyre and many more.

STRETCH & TONE : This class is ideal for anyone and everyone. We work the entire body as you bend and stretch through a series of Yoga, Pilates and Toning sequences. You will feel strong and centred as you move through a carefully structured series of stretches and poses, bringing balance back into your busy life. You will flow through the workout, building flexibility and strength, feeling a sense of calm to finish.

TRX : One of the simplest but most effective pieces of kit in any gym. The TRX suspension training system uses the participants body weight & alignment to engage muscles that do not necessarily get used in other workouts. You can focus on strength, cardio and core, as well as mobility, flexibility and a lot of balance & coordination. You will get some serious results if you regularly attend these classes.

YOGA - HATHA : Moving your body slowly and deliberately into different poses that challenge your strength and flexibility, while at the same time focusing on relaxation and mindfulness. Hatha yoga places special emphasis on controlled breathing and posture building core strength, which is key to good posture.

YOGA - VINYASA : Vinyasa is an approach to yoga in which you move from one pose directly into the next. This transition coordinates with your breathing. It's done specifically as you exhale or inhale, giving you the feeling that your breath is moving your body. A fast-paced Vinyasa session can be physically challenging.

YOGA - POWER : Power yoga is a fast-paced style of yoga that focuses on building strength and endurance. It is a fitness-based approach to the vinyasa-style yoga. Power yoga is an excellent form of yoga for burning calories as you use long powerful, full body flows to activate and engage all your major muscle groups.

YOGA - ROCKET : The original power yoga. This modified rocket yoga class is a moving meditation; a dynamic, flowing practice, rooted in the traditions of Ashtanga Vinyasa helping build strength and flexibility. Starting with sun salutations, moving through standing postures with options for those who wish to invert, ending with seated poses and a brief meditation.

YOGA - CORE STRENGTH & TONE : A powerful, dynamic, fast flowing sequence using body weight and balance to strengthen the entire body and mind. Blending yoga with Pilates, calisthenics and ballet training, you will focus on core strength, building lean muscle, toning and sculpting. This is a high energy yoga class to challenge all abilities.