**Nairn Sports Club – Class Descriptions**

**Bar & Bike**

Bar & Bike – suitable for all from Novice to Experienced user. Focus on correct Bar Bells & Bike techniques throughout. Perfect balance of spinning & weighted bar exercises.

**Classic Circuits**

This is a time related interval circuit class, using varied equipment and formats each week that generally following a 30/45 second work and 15 second rest ratio. All areas are targeted in these circuits and always push you to your relative limit.

**Energy Boost**Low impact workout suitable for all fitness levels. Works on improving posture, building strength and gaining flexibility leaving you feeling more energised. Total body workout, working on arms, legs, bum and stomach.

**Fit for Life**

This is a class tailored to the older adult.  It is a low impact workout and is suitable for all fitness levels.

**Functional Fitness**

This is a multifunctional circuit class, the exercises are safe and fairly simple to perform, but you will be challenged and worked hard. All exercises can be adapted to suit your ability with lots of encouragement to push yourself in a safe environment.

**Core**

Core is a dedicated abs focused class situated just after Functional Fitness and can be attended on its own. In this class you will perform exercises that will target the mid-section, it is a slower pace than the typical circuit class but will push you further nonetheless! (Bookable as ‘Functional Fitness’)

**Deep Stretching**

This class pairs perfectly after Functional Fitness and Core to unwind and stretch out different muscles of the body. (Bookable as ‘Functional Fitness’)

**Full Body** **Powerhouse**

If you’re looking for a great head-to-toe workout then this is the class for you.

The class involves completing reps with a choice of weights, different timings and various tempos. This class is great for all ability levels and will allow you to practice basic exercises while toning your whole body.

**All of our classes are bookable as a member or non-member at** [**nairnsportsclub.com**](https://www.nairnsportsclub.com/) **under Book Activities**

**Sweat It!**

This is a great 30-minute session early in the morning to set you up for the rest of the day! Varied equipment is used for functional and fun new exercises in a controlled environment with the focus changing week to week.

**Spin**

Spinning takes part on a bike focusing on endurance, strength, intervals, high intensity and recovery. Set in a dim lit room you will get lost in the music and forget how hard you are working!!

**Stable & Strong**

This is a slower paced class for the older adult who wishes to improve balance strengthening muscles and maintaining bone strength.

**Top To Toe Tone**

Top To Toe Tone – class is low impact and suitable for all fitness levels, toning body weight workout to fine tune your muscles, squats, lunges and sit ups.

**Tabata/Stretching & Tabata/Abs/Stretching**

This class is a high intensity circuit class utilizing a 30 second work, 10 second rest ratio for 3 rounds. Each Round is 10 minutes and has a few minutes in between to hydrate and watch for new exercises being demonstrated. Afterwards a stretching session is implemented for 10 minutes.

Once a month this class changes to the following format; (It can be spotted in the title when booking.)

High or low impact timing related exercise class. 5 individual exercises targeting different muscle groups each of which you will complete 8 times for 30 seconds best effort interspersed with 10 second rest periods.

The 15 Minute Core section will be followed by 10 Minutes of deep stretching with the focus changing every session.

**Yoga**

Yoga encourages you to focus on your body, mind and breath. Regular practice reduces stress and increases your strength, flexibility, coordination and balance. In this class, we will be working on a mat (standing, seated, lying and on all fours) with optional extra props such as a yoga strap or blocks. Every session includes a short period of guided relaxation, and simple yet effective breathing exercises will be taught regularly. This class is suitable for all levels of experience, including beginners.

**Pilates**

Pilates is a mind-body exercise system that focuses on improving strength, flexibility, balance, posture, and body awareness. It's suitable for people of all ages and fitness levels, and can be done on a mat or with equipment like a reformer or ‘Pilates ball’.

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