



<b>BODY ATTACK</b> 55mins	<b>BODY BLAST</b> 55mins	<b>VINYASA YOGA</b> 60mins	<b>PRYME ACTIVE PLUS</b> 50mins	<b>PRYME CARDIO CIRCUIT</b> 50mins
A high intensity sports-inspired cardio workout program for building strength and stamina to build your fitness.	This class incorporates body weight, hand weights, balance and athletic training exercises designed to increase core stability, muscular strength and cardiovascular endurance.	Vinyasa Yoga is a dynamic, flowing Yoga with poses linked and each movement synchronised to a breath.	If you want work hard at an aerobic class this is the one for you. It concentrates on cardiovascular fitness, strength training with hand held weights and core strength finishing off with a good cool down and stretch.	This session is based around workstations using weights, resistance bands to improve cardiovascular fitness and strength.
<b>BODY BALANCE **</b> 55mins	<b>HIIT</b> 30 mins	<b>HATHA YOGA **</b> 75mins	<b>PRYME COMBO</b> 50mins	<b>PRYME FIT</b> 50mins
A Yoga, Tai Chi and Pilates workout that builds flexibility and strength, leaving you feeling centred and calm.	A high intensity interval full body workout alternating short periods of intense anaerobic and strength exercise with less intense recovery periods.	Expect a gentle, slower paced class with some basic breathing exercises. Hatha Yoga is great to work on alignment and relaxation techniques.	Variety is the spice! Our instructor will choose two or three elements from low impact, step, resistance bands, weights, balls, abdominal exercises and stretching.	Is a functional interval training class that provides you with functional movements to help you stay active and moving freely.
<b>BODY COMBAT</b> 55mins	<b>CIRCUIT</b> 45mins	<b>YIN YOGA</b> 90mins	<b>PRYME IRON MAN</b> 50mins	<b>PRYME AQUA **</b> 45mins
An empowering cardio workout that draws on Karate, boxing, Taekwondo, Tai Chi, and Muay Thai.	This class offers stations of cardio, strength and core designed to give you a full body workout using machines, free weights, bands, balls and floor work.	Yin Yoga targets the connective tissues of the hips, pelvis, and lower spine with poses held for 3 to 5 minutes in order to stretch the connective tissue.	Iron Man classes are designed specifically for men to work on strength training of the whole body. The classes are in the form of a circuit workout with weights and a variety of other equipment including a stretch cool down.	This class is beneficial to participants experiencing joint pain and restricted movement. It also caters for those who want to increase their fitness with no impact through the use of aquatic dumbbells and noodles.
<b>BOX FIT</b> 55mins	<b>TAI CHI **</b> 60mins	<b>BOOTCAMP</b> 60mins	<b>PRYME EASY **</b> 50mins	<b>AQUA POWER</b> 45mins
A high intensity class consisting of boxing pad work, skipping, shadow boxing, cardio and resistance exercises. Participants are advised to bring their own gloves or inserts; however, gloves can be provided.	If you're looking for a way to reduce stress, consider Tai Chi. A graceful form of exercise that promotes serenity through gentle, flowing movements.	An outdoor group training class designed to give you a full body workout without the gym. This is an opportunity to work out in a team environment that is supportive, educational, motivational and fun.	Designed for participants who do not wish to do floor work. Includes low impact exercises, chair based exercise with weights, flexibility and stretching work.	A more intense water based class using a variety of techniques and equipment including buoyancy dumbbells and deep water activities for strength and toning.
<b>BODY PUMP **</b> 55mins	<b>ALL ABILITIES</b> 55mins	<b>BRICK</b> 60mins/90 mins	<b>PRYME STRENGTH **</b> 50mins	<b>AQUACISE **</b> 45mins
A barbell class that strengthens and tones your entire body to ensure you get results — fast. Body Pump challenges all of your major muscle groups by using strength exercises such as squats, presses, lifts and curls.	This class is designed to provide opportunities for people living with disabilities to access physical exercise sessions. A qualified fitness instructor facilitates a wide variety of sports and activities, ensuring they are tailored to suit a variety of abilities and therefore every participant, regardless of their abilities. Parents, carers and helpers are required to provide support and assistance to people with severe or multiple limitations. People assisting the class are provided free entry.	The Brick sessions will combine two of the three elements of triathlon events along with strength workouts to improve endurance and strength. Each class will be run by our highly experienced and qualified triathlon coaches that will design the session's specific to your goals. Registration is essential.	Designed to strengthen the whole body with the use of weights and chairs. Weight work is ideal to assist in the prevention of osteoporosis.	A water based class using a variety of techniques and equipment including buoyancy dumbbells, deep water activities for general fitness.
<b>PILATES **</b> 55mins	<b>REFORMER PILATES</b> 55mins	<b>ADRENALINE</b> 45mins	<b>PRYME CONDITIONING **</b> 50mins	<b>DEEP WATER TRAINING</b> 45mins
Pilates will help improve posture, core strength and flexibility which is great for injury prevention.	A Pilates class based on the reformer machine. Using resistance via springs on the machine, the body performs Pilates movements which promote strength, length, flexibility and balance.	Adrenaline High Intensity Training (HIT) is a small group functional fitness program on the gym floor designed to improve strength and conditioning in a focused, fun and social environment.	This is a fun, group environment where you can work at your own pace around a variety of work stations and equipment choosing the resistance levels that best suit your own levels of fitness.	A challenging class using flotation belts and a deep water running component to send your heart racing.
<b>PRECISION CYCLING</b> 45mins	<b>YOGA **</b> 60mins / 75mins	<b>PRYME ZUMBA GOLD **</b> 50mins	<b>PRYME TAP **</b> 50mins	<b>AQUANAUTS</b> 60mins
Indoor group cycling class held to music. A safe and effective class that is designed for all fitness levels and ages.	Designed to enhance vitality and a sense of well-being, our Yoga classes use gentle movements to improve flexibility, balance, strength and posture.	For participants who enjoy moving to Latin American music. Zumba is designed especially with easy to follow moves where you can relax and let yourself go.	Tap classes cater for the beginner right through to the participant who has tapped before. A fun filled dance session.	An adult squad for the competent swimmer. Participants should have the ability to swim 1km using 2 strokes.
<b>ZUMBA **</b> 55mins	<b>CORE CONDITIONING</b> 25mins	<b>PRYME ACTIVE **</b> 50mins	<b>PRYME CORE</b> 50mins	<b>OCEANAUTS</b> 90mins
Are you ready to party yourself into shape? Zumba classes feature exotic rhythms set to high-energy Latin and international music based on the principle that working out should be "FUN AND EASY TO DO."	Targeting your mid-section with functional strength exercises, muscle toning and stability work.	This class is for fit, active participants who wish to work on cardiovascular fitness. It incorporates low impact exercises with floor work and a relaxing cool down. Weights may be used in this class.	Concentrates on building core strength, muscle control and stability in a relaxed environment.	An adult squad designed for the athlete whose focus is fitness for open water swimming and triathlon events. Distance and endurance are the focus for these squad sessions and incorporate good feedback on technique and racing skills.
			<b>PRYME CIRCUIT</b> 45mins	<b>ADULT TECHNIQUE DEVELOPMENT</b> 60mins
			A strength based class. Run in a circuit structure involving balance and core, along with different strength exercises on machines.	This class is designed to specifically help improve swimming efficiency in already competent swimmers

Please ensure you inform your instructor BEFORE commencing a class of any injuries, concerns or pregnancies. \*\*Denotes class is suitable for pregnancy with guidance. Please consult your GP prior to commencing any exercise