

CLASS DESCRIPTIONS

Aqua Aerobics – a fun, energetic class suitable for all fitness levels and abilities. Get ready to tone up and burn fat through this non-weight-bearing class. Aqua Aerobics is also very beneficial to those rehabilitating from injury.

Aerobics - Aerobics is a gym class, set to music and led by a qualified instructor who takes you through a variety of structured movements that raise your heart rate and get blood and oxygen flowing more quickly.

Beginners Cycle – An introductory class for those who are new to Indoor Cycling.

Beginners Weightlifting – Learn & refine the compound lifts of Squat, Deadlift, Bench Press & accessories. Build strength while learning optimal technique & building confidence under a barbell. *NO PRIOR EXPERIENCE REQUIRED*

Body Attack – energy is highly contagious: a sports-inspired cardio workout for building strength and stamina. Your pulse will race, and you can watch the calories fly away!

Body Balance – an oasis for mind and body. A holistic workout that builds flexibility and strength and leaves you feeling centred and calm.

Body Combat – the empowering cardio workout where you are totally unleashed! A fiercely energetic class inspired by martial art disciplines. Strike, punch, kick and kata your way through the calories to superior cardio fitness.

Body Pump – lean, strong and unstoppable. The original barbell class will sculpt, tone and strengthen your entire body, fast!

Body Step – the energising step workout that makes you feel liberated and alive! Using simple movements, on, over and around the step to build lower body strength and to burn lots of calories, your legs will love it! Eventually...

Bums & Tums – mat and ball based class. Tighten those troublesome areas and earn yourself some buns of steel and abs of envy. Ages 12+

Circuits – if you're looking for a class which will challenge you, provide you with a total body workout, help you lose weight, tone up, get stronger, faster and fitter – then this is the one for you! No two classes are ever the same – we like to keep you on your toes! Ages 14+

Core X Fit – the unique 30-minute workout that mixes Abdominal exercises and High Intensity Training (HIT) to produce a distinctive ABHIT class.

Easy line – a 45-minute circuit class using intelligent machines. Each piece of equipment has hydraulic resistance pistons to provide extra support while exercising, making it ideal for beginners and injury rehabilitation. Ages 12+

Escape Pain - ESCAPE-pain is a group rehabilitation programme for people with chronic joint pain that integrates educational self-management and coping strategies with an exercise regimen individualised for each participant. It helps people understand their condition, teaches them simple things they can help themselves with, and takes them through a progressive exercise programme so they learn how to cope with pain better. This is a 6 week block course

Fat burn Extreme - a 20 minute maximal intensity workout that improves functional speed, power and strength

Female Weight Lifting - Learn how to lift weights properly, Education and workouts which are the most effective way to burn fat, tone up and get strong, these classes will show you why weight training is a brilliant tool for losing weight and burning fat'

Please note it is advisable that a strength room induction is completed prior to joining class

HIIT Fitness - add HIIT Fitness into your weekly workout routine to benefit from the muscle-building and fat-burning results that High Intensity Interval Training delivers

Highland Hustle - Think Scottish Highland dancing, add to that the odd ceilidh step set to funky high – beat music, then you get the picture... Low impact or go for it with high intensity – your choice!

Indoor Cycling – if you want to burn some calories, this is the way to do it! Work at your own level to some catchy beats at our indoor stationary cycling class.

50+ Fitness Session – gentle, dynamic movements set to easy listening music. Ideal for improving mobility and flexibility.

Jog Scotland – a sociable, fun running group for all levels and abilities.

Karate/Kids Karate – Shotokan Karate for self-defence and keeping fit. Training for all levels and ages – beginners are always welcome. Ages 8+

Kettlebells – an excellent functional training class. Whether your training goal is to focus on full-body strength, weight-loss, explosive power or corrections to posture,

Line Dancing – learn to line dance the modern way, to a great soundtrack including rock, pop, country and Latin.

Metafit – this no frills, intense whole body workout lasts for 30 minutes but the calorie burning effect lasts up to 24 hours!

Olympic Weightlifting Drop in – Learn & refine the snatch, clean & jerk and accessory movements. One of the most effective ways to develop explosive power whilst building strength & improving mobility.

Otago - an exercise class aimed to prevent falls, injuries and improve coordination amongst older people. Work on increasing strength, balance and flexibility. This class is also suitable for those with medical conditions who require gentle exercise and rehabilitation, whilst building up confidence.

Pilates – Pilates targets the deep postural muscles within the body through a series of exercises aimed at building muscle strength and rebalancing the body

PiYo® – PiYo® combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle – big and small.

Parkinson's – This class will help relieve symptoms of parkinson's, giving your exercises to help with balance and coordination

Sculpt and Tone Circuits – the focus of this fun and functional class is on full body fitness using equipment such as gym balls, kettlebells, suspension trainers and your own body weight to sculpt and tone those troublesome areas!

Senior Cycle – low impact, cycle in safe conditions at your own intensity in the studio to some catchy songs!

Senior Light-hearted - A low-impact, low intensity exercise class designed for the more mature adult. This includes movements which promote joint flexibility, range of motion, muscle strengthening and cardiovascular conditioning.

Stretching Session – designated full body stretching session for those looking to improve on their flexibility!

Stretch & Tone – 30 mins of developmental stretches and exercises to help shape your core.

STRONG Nation - you will burn calories while toning arms, legs, abs and glutes, the class will combine bodyweight, muscle conditioning, cardio and plyometric exercises synced to original music to ensure you are challenged

STX – work from top to toe with this suspension training system aimed at developing strength, balance and flexibility.

Tai Chi – a powerful, full-body workout that improves balance, flexibility, circulation and core strength. It addresses the health of mind and spirit as well as the body, reducing stress, anxiety and depression and enhancing self-esteem.

Teen Weightlifting – Learn all things weightlifting in a safe and encouraging environment. Build strength & power with a technique focus *No prior experience needed*

Ultimate Abs – a 30 minute intense abdominal workout which will help to strengthen your core and define your abs! Ages 12+

Unite – a blend of flowing yoga moves and sequences, complimented with fitness Pilates to create a full mind and body workout.

Yoga General Level 1 – a yoga class for beginners with the focus on correct alignment to work safely in poses and increase overall flexibility, strength and wellbeing. This is a general yoga class and as such is not suitable for students with serious medical conditions.

Yoga General Level 2 – a yoga class suitable for students who have around 6 months yoga experience. This is a general yoga class and as such is not suitable for students with serious medical conditions.

You Time classes - You Time activities are intended to be fun filled and suitable for adults, regardless of fitness levels, they aim to be interesting, stimulating and challenging both physically and mentally.

Zumba – ditch the workout and join the party that's taking the world by storm! This Latin-inspired, calorie-burning dance party is exhilarating, easy to follow and very effective. Ages 12+

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FITNESS TIMETABLE

