



## Fitness Classes held in Thurso Leisure Centre

**ARKE** - A functional toolkit to achieve optimum physical fitness by training coordination, stability, balance, flexibility, strength, speed, agility, reaction time and CV capacity.

**BOX FIT** - Pad work to punch and kick your way to the perfect physique.

**CIRCUITS** - Total body conditioning with a mix of cardio and muscular endurance.

**FIT PLUS** - A moderate to low intensity group exercise class, providing a supportive environment for those easing into exercise or recovering from injury. A body conditioning mix of cardio and muscular endurance

**H.I.I.T.** - Total body conditioning. With a mix of cardio and muscular endurance push your body to its limits using high intensity interval training stations.

**METAFIT** - The 30 minute bodyweight training revolution. A high intensity interval training class with metabolic burn effects lasting 24 hours.

**OTAGO** - Evidence based exercise targeted for older adults, proven to increase mobility and reduce falls.

**KETTLE BELLS WORKOUT**- This beginner workout combines the benefits of dumbbell training with a high-intensity cardio workout to help you build muscle, increase power, and get lean.

**FAT BURN EXTREME** - A 20-minute workout, scientifically proven, to maximise results in minimum time. Boost metabolism, improve speed & power with bodyweight.