

CLASS DESCRIPTIONS



McLaren
Leisure

AEROBICS

14+

Get your heart pumping and your body moving to the beat! This class combines cardio, dance, and strength exercises to help you tone muscles, improve endurance, and boost your mood.

ACTIVE LIFE

16+

Maintaining a consistent fitness routine is important at any age. Designed to be low-impact to prevent injury, Active Life is perfect for those looking to increase cardiovascular health and build strength and balance.

AQUAFIT

14+

Designed to give you a High Intensity, low impact, non weight bearing, full body workout. Water-based activity is kinder on joints allowing you to exercise without putting too much strain on your body.

AQUAFIT LITE

16+

Offering adaptable exercises to suit all fitness levels, meaning you can choose a high or low intensity workout. Designed to enhance strength, stability, and overall fitness while keeping movement gentle on your joints.

CORE FIT

14+

CoreFIT is all about power, strength and stabilisation. The core muscles create a solid base for our body, allowing us to stay upright and stand strong. During our CORE workouts, — Not just crunches!

CYCLE FIT

14+

Sure to get your heart pumping and your feet pedalling to your favourite workout tunes. Our qualified instructor will lead you at different speeds and intensities for a full cardio workout.

CYCLEFIT SPORT

16+

Designed for cyclists and triathletes, this class boosts strength, aerobic endurance, and anaerobic capacity. Suitable for all levels, you work at your own pace to reach your goals.

CHAIR YOGA

16+

A gentle, accessible practice using a chair for support where required. This class combines breathwork, relaxation, and seated postures to improve flexibility, balance, and mindfulness. - no experience needed!

KETTLEFIT

16+

A great way to add some resistance training into your week whilst burning lots of calories. Lift, swing, lunge and squat your way to stronger and fitter you!

POWERFIT

16+

PowerFit is a mixture of lifting and HIIT based exercises where strength, conditioning and calorie burn are the result. All exercises have variations, so it's a challenging but achievable workout for everyone

PUMPFIT

16+

A dynamic barbell class that sculpts and tones your entire body with light to moderate weights and high repetitions. Get ready to feel challenged and empowered!

PICKLEBALL

SS

Come try the fastest-growing sport that's fun, social, and easy to pick up! Whether you're a total beginner or seasoned player, our friendly drop-in sessions are the perfect way to get active, meet new people, and enjoy the game.

RIGFIT

16+

A functional fitness class based in the big gym. Workouts are built around daily movements so you'll naturally feel and move better while improving your strength and fitness levels.

SPORTFIT

JNR

These classes introduce young athletes to strength and conditioning, with the 8-11 years group focusing on fundamental movements and coordination, while the 12-15 years group develops proper lifting techniques, stamina, and endurance in a safe environment.

STRETCHFIT

14+

Designed to enhance flexibility, release tension, and promote relaxation. This class incorporates gentle stretching exercises aimed at improving mobility and reducing muscle stiffness.

SWIMFIT

16+

Enhance your swimming technique, endurance, and overall fitness. With a blend of stroke refinement, interval training, and water-based exercises.

Participants must be able to swim a min of 40m front crawl with face in the water,

TEENFIT

14+

TeenFIT provides a safe environment for Teens age 14-15 years to access the gym. Under the supervision of McLaren Leisure staff you'll feel safe, happy and secure about completing your new exercise regime

YOGA

16+

Postures and sequences are combined with breathwork and relaxation. Building from the basics into a deep mind-body experience. Work within your own limits, with the emphasis on how it feels, not how it looks.

YOGAFIT

16+

Moving and exploring the physical side of yoga, this class will help you build flexibility, strength, coordination and balance as we flow through sequences of yoga poses and ending with a short relaxation.

MUMFIT

16+

Designed with mums in mind with no need to worry about childcare as you bring them with you! The class is designed to help you regain strength, fitness and confidence as well as provide the opportunity to meet other mums in a fun and safe environment.

Suitable for mums from 6+weeks postpartum who have been given the OK to exercise following GP check. Taking place in soft play there is plenty of space for little ones from 6 weeks -Primary.

WALKING FOOTBALL

SS

Specially designed for men (50+) and women (40+) and above. This tactical take on the game we all love ensures a safe and enjoyable return to football with no running or contact allowed.

TABLE TENNIS

SS

A friendly, welcoming space to practice, play, and sharpen your skills. Whether you're picking up a paddle for the first time or you're already a pro at the spin shot, everyone's welcome!

ARCHERY

JNR

Kids will feel like real archers as they aim, score, and celebrate every shot, turning each session into an exciting adventure! Ages 8-12

SS Social Sports for ages 14+

16+ Health & fitness ages 16+

JNR Junior classes - ages detailed

14+ Health & fitness ages 14+

ALL Fitness Classes included in your All Inclusive Membership or available to pay as you go

