

CLASS DESCRIPTIONS



**McLaren
Leisure**

AEROBICS

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.

ACTIVELIFE

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

A high-energy water workout designed to boost cardiovascular fitness, build strength and improve endurance. Using the natural resistance of water, you'll enjoy a challenging full-body workout that's kind to your joints.

AQUAFIT LITE

A gentle, low-impact water workout with adaptable exercises to suit all fitness levels. Designed to improve strength, balance, mobility and overall wellbeing while being kind to your joints.

COREFIT

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!

CYCLEFIT

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

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

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

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

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

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!

RIGFIT

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.

SOFT ARCHERY

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

SPORTFIT

Fun, age-appropriate strength and conditioning sessions that build movement skills, strength and confidence. Ages 8-12 & 12-16y

STRETCHFIT

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

SWIMFIT

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

TEENFIT

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

YOGA

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

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

Designed for mums, this welcoming fitness class lets you bring your little one along. Rebuild strength, fitness and confidence while connecting with other mums. Suitable from 6+ weeks postpartum (following GP clearance).

ZUMBA (GOLD)

Dance your way to fitness with a fun, high-energy workout packed with easy-to-follow moves and feel-good music.
🌟 Zumba Gold: Enjoy all the fun of Zumba at a gentler pace.