



Class Timetable

Monday

RigFIT	07:00 - 07:45
Active Life	09:30 - 10:30
Walking Football	09:30 - 10:30
Chair Yoga	11:00 - 12:00
TeenFIT	11:30 - 12:15 *
KettleFIT	12:15 - 12:45
RigFIT	17:30 - 18:15
YogaFIT	18:00 - 19:00
CycleFIT	18:20 - 19:05 *
CycleFIT Adv	19:15 - 20:15
PumpFIT	19:15 - 20:15
CoreFIT	20:15 - 21:00 *

Tuesday

CycleFIT	09:15 - 10:00 *
Aquacise	10:00 - 11:00
MumFIT	11:00 - 12:00
Yoga	12:00 - 13:00
Teen FIT	12:00 - 13:00 *
Strong Nation	17:30 - 18:00 *
PowerFIT	18:00 - 18:45
RigFit	19:00 - 19:45
AquaFit	19:15 - 20:00 *
Yoga	19:30 - 21:00

Wednesday

RigFIT	07:00 - 07:45
Active Life	09:30 - 10:30
TeenFIT	11:00 - 12:00 *
RigFIT	12:15 - 12:45
CoreFIT	17:30 - 18:00 *
Aerobics	18:00 - 18:30 *
BoxFit	18:35 - 19:20 *
CycleFIT	19:30 - 20:15 *

Thursday

Aquacise	10:00 - 11:00
TeenFIT	15:30 - 16:30 *
RigFIT	17:30 - 18:15
SwimFIT	18:00 - 18:45 *
Yoga Fit	18:00 - 19:00
SportFIT	18:20 - 19:00 **
CycleFIT Adv	19:00 - 20:00
PumpFIT	19:15 - 20:15
StretchFIT	20:15 - 21:00 *

Friday

RigFIT	07:00 - 07:45
RigFIT	09:15 - 10:00
Active Life	10:00 - 11:00
MumFIT	11:00 - 12:00
PowerFIT	12:15 - 12:45
CycleFIT	17:30 - 18:00 *

All classes suitable for 16+ yrs
 * Classes suitable for age 14+
 * TeenFit suitable for age 14-15 yrs
 ** SportFit suitable for age 12 - 15 yrs

Saturday

RigFIT	09:00 - 09:45
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Now available to book online!





Class Descriptions

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

Active Life
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
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.

Walking Football
Indoor walking football, specially designed for men and women aged 50+. This tactical take on the game we all love ensures a safe and enjoyable return to football with no running or contact allowed.

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.

Yoga & Chair 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.

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

BoxFIT
A high intensity interval training class based on boxing training. This is the ideal class if you are looking to get fitter whilst also improving your balance, coordination and timing. It's the perfect stress reliever too!

Core FIT
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 ADVANCED
Elevate your cycling game with CycleFIT Advanced! Join us for a high-intensity class, designed to push your limits and boost your performance. A challenging workout that will leave you feeling accomplished and energised.

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

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.

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!

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!

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.

ClimbFIT
No climbing partner? No problem! These Adult Social Climbing Sessions will help you make the most out of your session. Participants should have completed our belay competency and hold a valid Wall User card. Ask at reception for more details.

SwimFIT
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,

Strong Nation
STRONG Nation™ combines body weight, muscle conditioning, cardio and plyometric training Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, or maybe even five more.

TeenFIT
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

SportFIT
This class is designed to introduce teens age 12 - 15 years to strength and conditioning training with a focus on learning how to squat, deadlift, push, pull and rotate safely whilst increasing the heartrate to build stamina and endurance

MumFIT
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.