

CLASS DESCRIPTIONS

BEGINNERS PILATES

Requiring no previous experience, Beginners Pilates focuses on balance, posture, flexibility and strength.

INTERMEDIATE PILATES

Offering a higher level of challenge, Intermediate Pilates concentrates on core muscles and breathing techniques.

FITNESS PILATES

Combines traditional Pilates with a controlled body conditioning programme to increase strength and endurance

IYENGAR YOGA

Focusing primarily on posture and breathing techniques, Iyengar Yoga helps to develop mobility and stability by focusing on the mind, body and spirit.

STUDIO CYCLING

An indoor cycling session, led by one of our enthusiastic instructors!

ZUMBA

Mixing many dance moves for an interval-style workout with the rhythm of Latino music.

LEGS, BUMS AND TUMS

This class is aimed for toning, shaping and burning calories, with plenty of floor work.

KETTLEBELLS

Kettlebell exercises focused on enhancing fitness, speed, power and agility.

HIIT

Short intense periods of aerobic exercise followed by less intense recovery periods.

BODY CONDITIONING

An all over body work out, that burns calories and tones muscles.

METAFIT/METAPWR

Metafit is a 30 minute, non-choreographed, body weight only high-intensity workout. MetaPWR is a power circuit class using functional kit to work muscle, boosting metabolism.

HIITSTEP

A high intense bodyweight routine using a Step aimed towards improving general fitness, strength and core stability.

GYM CIRCUIT (FREE to all LTU students)

A fun, high intensity all over body workout using our fitness suite rig and other cardio equipment.

Set up and book your class online by going to trinityfitness.co.uk/classes and clicking [book online](#)