



## STRENGTH AMBASSADORS

**Monday 5:00 PM - 6:00 PM**

## STRENGTH AMBASSADORS

A unique class focusing on the specific techniques required for lifting. The class is based around three main movements which are squat, deadlift and press, these fundamental movements act as many of the pre-cursor lifts to assist in the development of more difficult exercises.

This one hour, beginner to intermediate class is a full body strength and conditioning workout for men and women, focusing on lifting technique, improving weak muscles and real functional strength.

You'll get a challenging but fun, full body workout that is perfect for improving body composition, increasing your fitness, performance, fat loss and sculpting as well as teaching you to engage your core muscles.

## CIRCUIT

Enjoy a fun action packed high intensity circuit class targeting the whole body based around timed intervals of resistance training and explosive exercises combining all elements of fitness-cardio, muscle conditioning, balance and flexibility.

This one hour class is designed to push you to the max whilst burning up the calories ideal for fat loss and a fitter, toned physique.

Depending on the weather, this class will be held either in the main studio or in our multi-use fitness garden.



## CIRCUIT

**Sunday / Wednesday 5:00 PM - 6:00 PM**