

FASTER. BETTER. STRONGER.

Abs Blast: An intense workout for your core muscles.

Kick starter: A fast paced interval training class to energise and keep you strong.

Body Con: An intense all body workout.

Bootcamp: Circuits, putting the body to the test, at your own pace.

Core : An intense class, working the whole core.

Circuits: Endurance training going from 'station' to 'station'.

Barre Fit: A class for all abilities working on improving posture, increased flexibility and stress relief.

Full Body: Varied 'stations' in Tabata style working full body!

HIIT fit: Cardio and strength class high intensity interval training.

KickFit: Intensive class that uses kicking routines to burn fat & tone.

LBT: A fun workout aimed to tone those Legs, Bums & Tums!

Spin: Indoor cycling that pushes your endurance levels.

Tabata: Hiit lunchtime hard with this energetic timed workout.

Zumba: Fun & exhilarating dance class.

Zumba Toning: A fun class of dance & body sculpting exercises using light weights.

Combination Yoga: A mix of flexibility, cardio and core strength.

Detox Yoga: Challenge your strength, balance and mind with this active form of yoga.

FitBall: A fitness class utilizing the benefits of the Swiss Ball, aiding core and posture.

Kundalini Yoga: Powerful form of yoga using mantra, meditation and posture to harness the body's energy.

Pilates: Mat based class designed to target the abs and back focusing on core stability, flexibility and mobility.

Power Yoga: A more intense style of Flow with power core holds.

Revive & Restore: A nourishing practice inspired by techniques such as mindfulness, yoga therapy and Yin Yoga.

Sivananda Yoga: Using methodical posture with breathing for relaxation & core

Vinyasa flow Yoga: A combination of dynamic sequences and longer-held postures that work body and mind.

Yoga in Movement : Working through yoga movements with a more functional approach as well as posture preparation.

@glassworksgym 

@theglassworksgym 

@theglassworksgym 

The Glassworks Health Club 

Our classes are free for all members, please **sign in** at the front desk 10-15 minutes before the class starts to book your space.