

Active Manchester Class Descriptions A-Z

Holistic exercise classes to improve stretch, strength, movement & stability	Classes to help improve strength, speed, fat burn and boost lung and heart function.	All classes help to improve mental health and keeping well through movement and social interaction.
---	---	--

	Class Name	Description
1	Vinyasa Flow Yoga	This flow focusses on the correct alignment bring all moves to a gentle flow from standing to seated, to lying, the aim is to flow together postures to all the postures, so the moves become seamless from one to another.
2	Barbell Sculpt	Barbell movements are one of the best ways to target large muscle groups and help strengthen functional movement combining continuous cardiovascular activity with light to moderate weight training.
3	Body Blast	30 minutes low impact, high intensity workout that will work you from top to bottom, Weights, mat
4	Bootcamp Circuits	Bootcamp includes mid to high intensity body weight exercises combined with interval and strength training. It is a high calorie burning class and is designed to push you to the max.
5	Bosu Blast	The Bosu means Both Sides Up and is a great piece of equipment that you can use both sides. The Bosu can be used as a balance ball challenging your core or you can use it as a step to work your aerobic system. The session will blast your core from the front, side and back with the Bosu which will make every exercise even more challenging. No experience needed as the teacher will adapt according to level.
6	Body Conditioning	High intensity interval training - short periods of intense or explosive anaerobic exercise with brief recovery periods – extremely effective for weight loss.
7	Boxercise	Boxercise is an exercise concept, based on the training methods used by boxers. It is a fun, challenging and safe workout which is great for stress busting, accessible to all ages and fitness levels.
8	Circuits	Circuit training consists of a consecutive series of timed exercises performed one after the other with varying amounts of rest between each exercise. An example of a simple circuit training workout might consist of push-ups, sit-ups, squats, chin-ups, and lunges Whether you are a beginner, or an elite athlete, you can modify your circuit training workout to give you the best possible results.
9	Dumbbell sculpt	Dumbbell sculpt is a great way to strengthen and tone muscles. The class will focus on strength and conditioning through functional and cardio movements. No experience needed as the teacher will adapt according to level.
10	Friday Flex	A 30-minute Stretch class to get you away from your desk for ½ hr and do some chest, hip, back and leg stretches. Suitable for all

11	Hatha Yoga	Focus the mind and increase the flexibility of the body by using classical yoga and breathing techniques in a precise way to enhance the posture
12	HIIT	High intensity interval training - short periods of intense or explosive anaerobic exercise with brief recovery periods – extremely effective for weight loss.
13	HIIT Step	High intensity interval training using the Step - short periods of intense or explosive anaerobic exercise with brief recovery periods – extremely effective for weight loss.
14	Indoor Cycling	High intensity interval training - short periods of intense or explosive anaerobic exercise with brief recovery periods – extremely effective for weight loss.
15	Interval Pilates	This session will give you a slightly faster pace than the traditional mat work Pilates. The moves will flow and will be timed with a rest after each move. The great news you can work at your own pace/level giving you time to perfect your moves and get stronger each week.
16	Iyengar Yoga	Iyengar yoga focuses on alignment and precision in the asanas (postures). We practice standing postures, forward bends, twists, backbends, inverted postures, and pranayama (yogic breathing exercises). You will feel calmer, energized and more alert in your body and mind after the class. This class suitable for everybody, regardless of age and fitness levels. Beginners are welcome. This form of yoga holds the postures longer thus improving flexibility, strength and sensitivity in mind, body, and spirit.
17	Kettlebell	Designed to shape the body using light weights. It is fun, fast and burns the fat with super effective results - the ultimate all over body conditioning. Kettlebells focus the core using swing, snatch, and jerk action. Every single muscle is worked hard. It develops endurance, aerobics capacity and strength. It is a great fat burner and toner
18	LBT	LBT workout is great for building muscle and burning calories. Designed to help tone your legs, glutes and abdominal muscles, and cardiovascular fitness.
19	Learn to Lift	Learn how to use the power bar, teaching precise techniques, improving maximum strength. This session will give you the confidence and skills to incorporate into your fitness programme.
20	MMA Fitness (Boxercise)	Mixed Martial arts type exercise with boxing techniques teaching. A class to get you super fit.
21	Mixed Ability Pilates	Develop your balance, strength, and flexibility in this popular class. The course will offer levels and take you through a series of standing, lying and side lying exercises.
22	Morning Yoga	Working on our whole Self, with underlying acknowledgment to the Seasons, we will release tension and develop strength through movement, breathing and mindfulness practices. Prepare yourself for the day ahead with Yoga.
23	Pilates for backs	30-minute session focusing on the backs, buttocks. Hips, Strengthening, mobilising, and stretching. To improve back health and posture taught the Pilates way, slow and controlled.
24	Pilates	A class to develop and maintain flexibility in your spine and strength in your core. A whole-body workout which will leave you feeling ready and relaxed.

25	Power Yoga	Dynamic style Yoga, one pose flows into another linking movement to breath. Improves Balance, strength, flexibility. Inversions will be taught in class and there will be music.
26	Step	High-intensity cardio workout without putting stress on your joints. It improves overall fitness by getting your heart pumping and cardiovascular fit.
27	Tai Chi with Equipment	'Moving meditation' using tai chi ball, staff and Indian clubs Rooted in the traditional martial arts of Asia, our approach is meditative, calming, and relaxing, aiming to help improve posture and breathing, and to gently build strength and resilience, improve coordination, relieve negative stress, and help develop concentration. We begin each class with a focus on sitting with good posture and breathing well to settle the mind, align and relax the body. Next, we stand still to further improve body awareness, followed by a tai chi 'warm-up,' ahead of varied training drills with tai chi ball, staff, and Indian clubs. There is a focus on developing whole body relaxed circularity, strength, and power without strain, and harnessing the body's natural springiness and elasticity to release tension and move effectively with less effort. The class ends with a closing 'cool-down stretch' and gentle self-massage. The format is similar each week although the content varies from week to week.
28	Tai Chi for all	Moving meditation, with seated options, based on a Chinese martial art. This class offers a meditative gentle 'mind and body' practice, adapted to be safe (with seated options), accessible and effective, and shown to help with many chronic health conditions. The aim is to provide an opportunity to improve physical, mental, and emotional balance, and health promoting resilience and fitness, without strain. The approach is calming and relaxing, to help improve posture and breathing, to relieve negative stress and help to develop our ability to concentrate. We begin each class sitting with good posture and breathing well to settle the mind, and to align and relax the body. Participants are encouraged to remain seated throughout if needed, or to sit down at any time during the class. We then stand still to further develop body awareness and balance - followed by a set of tai chi-based warm up exercises. Next, we work through selected classical tai chi movement drills, exploring some of tai chi's essential principles to develop a relaxed, flowing, and mindful way of moving with the qualities of circularity, springiness, and elasticity. The class ends with a closing 'cool-down' and gentle self-massage. The format is similar each week although the content varies from week to week.
29	Yoga	An energising yoga flow session, to make you feel stretched, strong, and re-energised.
30	Zumba	The global dance/fitness craze combining a mix of dances from the world's rhythms. Zumba is an excellent, fun workout with simple choreographed routines combining the mix of dances rhythms from around the world including salsa, hip hop, reggae, samba, disco plus many more. It is the ultimate body conditioning fat burning session