



**Barre Concept** – this unique workout combines the elements of Pilates, yoga, resistance training and ballet into a highly effective regime performed on the mat and at a ballet barre. The technique utilises the body's own resistance in conjunction with weights, bands and small balls. The low impact, total body workout lifts the butt, tones the thighs, flattens the abs and sculpts the arms, whilst protecting the joints.

**BattleSlam Fusion** – this exciting class incorporates the mighty battlerope and the gruelling slam ball, creating an explosive class effectively working your abs, arms and shoulders as well as conditioning and engaging your legs to give you an amazing workout.

**BodyCoreFusion** – a high-energy studio class based on intervals of body weight exercises and core development. Raises metabolism and burns fat fast. A great start to the week and big calorie burner!

**360 Box** – boxing fitness is renowned for getting fit and losing weight effectively. Our classes' torch calories offering pad boxing, drills, bags and ring work. Men and women welcome.

**Circuits** - We offer 3 different types of circuit classes here at 360. Circuit training for the whole family on Monday's, a popular Thursday morning circuit class with lots of variety and the last class of the week is an intense circuit session where again we invite you to bring the whole family.

**CoreKettlebell Fusion** – Strengthen and stabilise your core in this full-body kettlebell class that will increase your body strength, core strength and raise your heart rate.

**HIIT Step II** – a high intensity class using bodyweight and step exercises to burn fat and improve fitness.

**KickBoxCore** – an exciting new class for 2019 combining elements of kickboxing, boxing and core training to give you a super-charged workout, leaving you feeling full of energy

**Pilates (Intermediate & Advanced)** – Body Control Pilates is suitable for everyone, whatever your fitness level, age or gender. Pilate is slow, controlled and precise method of exercises which combines elements of yoga, ballet, martial arts and gymnastics.

**REPS** – a fantastic full body workout that challenges all major muscle groups through weighted exercises – ideal for anyone looking to get lean, toned and fit – fast.

**Seniors** – offers essential training for strength, flexibility, balance and core stability. A popular class with a wide range of exercises which will leave you feeling rejuvenated, uplifted both physically and mentally.

**ShapeUp (Women Only)** – The class where women warriors are made! This fun and supportive class will put you through your paces with a variety of resistance and weight training exercises.

**SlamAbs Fusion** – we've added a lot more core to our popular slam ball class. Not only are you torching fat but you're also honing the body from within.

**360 Spin** - If it's high-intensity, fat burning and beat-driven indoor cycling you are after, then these are the classes for you. Whether you are a complete beginner or an accomplished cyclist 360 Spin has everything you need and ticks all the boxes. Please note with the exception of the RISE Spins, all our classes are 1 hour (no half measures here!).

**Women's Body Conditioning** – one of the most popular classes of lower intensity, but lacking nothing. A total body workout using light dumbbells, core exercises and mat work. Our take on the old legs, bums and tums (and arms).