



THE LENSBRURY

Holistic Classes Information

Mindful Yoga

A class that teaches different techniques of relaxation and meditation to help us live more meaningful lives with satisfaction, wellbeing and happiness.

Pilates

A highly beneficial mat work class designed to release muscular tension, enhance mobility, improve core strength, postural alignment, relaxation, and challenge core endurance, co-ordination and balance. Equipment such as blocks, balls, bands or hand weights may be used.

Body Balance

BODYBALANCE™ is a yoga-based class to improve mind & body, which embraces elements of Tai Chi and Pilates. A beautiful class where you go through a series of yoga moves, strengthening the entire body, leaving you feeling centred and calm.

Hatha Yoga

Hatha Yoga is defined as movement that develops strength, flexibility, relaxation, and mental concentration. Hatha classes are designed for mixed-level participants and provide a balanced combination of sustained poses with attention to basic alignment and therapeutic principles.

Tai Chi

The ancient Chinese form of moving meditation, based on the understanding that all things of harmony relate to the two complementary forces of Yin & Yang. Please ensure you bring a mat, water and some extra layers for our outdoor classes.

Vinyasa Yoga

Vinyasa is an approach to yoga in which you move from one pose directly into the next. There's a flow to a Vinyasa yoga session, though the specific poses and the pace vary from one instructor to the other. Typically, vinyasa classes incorporate a variety of postures, or asanas.

Vinyasa Fusion

Improve balance, breathing, enhance flexibility, get stronger, and more mindful. Vinyasa Fusion achieves these benefits by providing four practice themes dedicated to balance, flexibility, strength and their integration. Focus on breathing and connecting mind & body are emphasized in all four themes.

Back to Fitness

An all-over body workout which includes a combination of yoga stretches, Pilates and general joint mobility exercises to improve posture, balance, and flexibility. Special emphasis on core strength and stability for the back. This class is especially suitable if you suffer with back problems.



THE LENSBRURY

Holistic Classes Information

Health for Life

Aimed at helping those who would like to enjoy life more by improving flexibility, increasing vitality and helping to keep fit through gentle stretching and strengthening exercises.

Dynamic Yoga

Dynamic yoga takes you into every asana in an integral way, meaning that each part of your body is supporting the posture, preventing unnecessary injuries caused by rushing into postures. This type of discipline is aimed at our more experienced members and guests.

Meditation and Relax

A class that teaches different techniques of relaxation and meditation to help us live more meaningful lives of satisfaction, wellbeing and happiness.

Restorative Pilates

An emphasis on learning and practicing the basic principles of Pilates. Trying to restore the natural rhythm to your body's movement to recognise and release unwanted tension, leading to improved mobility. Learn the breathing for core activity and work on the control of movement to gain supporting strength. Suitable for everyone.

Athletic Pilates

A challenging Pilates class for those with Pilates experience looking to progress. Total body workout that builds long, lean muscles. Improves strength, flexibility, endurance and posture using equipment like hand weights, leg weights, soft balls, BOSU and foam rollers. Aimed at our more advanced members and guests.

Beginner Pilates

An introduction to Pilates to demonstrate its benefit in releasing muscular tension, enhancing mobility and improving postural alignment.

Ashtanga Yoga

Ashtanga Yoga is a more physically demanding style of Yoga that builds strength, stamina, along with fitness and core stability by following a specific vigorous sequence of postures. Variation of exercises makes this class suitable for beginners although some experience is recommended.

Candlelit Yin Yang Yoga

Yin yoga is a meditative practice. Poses are predominantly seated and supine and are held for a longer period of time. Awareness is directed to the breath as each shape is held in stillness. Yin yoga is suitable for all levels of experience and ability. Props are encouraged and please dress warmly.



THE LENSURY

Holistic Classes Information

Ballet Barre

Ballet Barre classes incorporate moves from ballet, Pilates, and yoga to upbeat music. The classes blend cardio, strength training, flexibility, balance and core conditioning in a total body workout that targets the hips, glutes, abs, and arms. The emphasis on proper alignment, balance, and core engagement means a slower pace, but you'll definitely feel the burn!

Yogalates

This class uses a dynamic and intelligent approach to combine the best of Hatha Yoga and mat-Pilates into one comprehensive practice. We work on building muscle tone and core stability for better posture and foundational strength, whilst helping stretch out tight areas and breathing more freely.

Sound Bathing

A sound bath class offers a deeply meditative experience, where participants are enveloped in soothing, therapeutic sounds and vibrations produced by instruments such as singing bowls, gongs, and tuning forks. This immersive form of sound therapy is designed to promote profound relaxation, reduce stress, and help calm both the mind and body.

Strong and Stretch

Flexibility and recovery in one class.

Young Yogis

Young Yogis classes offer a fun and age-appropriate introduction to yoga, designed especially for children aged 5–11. These sessions combine traditional yoga poses with imaginative movement, storytelling, games, and mindfulness techniques — encouraging physical activity while nurturing emotional well-being, focus, and self-awareness in a playful and supportive environment.



THE LENSBRURY

Hi-Energy Classes Information

Hi-Energy

Hi and low impact calorie-burning aerobic session with muscle toning, strengthening and conditioning.

BodyPump

BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Variation of exercises makes this class suitable for complete beginners.

Legs, Bums & Tums

Legs, bums and tums is a full body aerobic workout that aims to tone up those flabby areas of your thighs, bum and stomach, great for those who want to lose weight or even for those who simply want to improve their fitness levels. Our classes generally start with a gentle warm up to get your body moving.

Top to Toe

A class designed to work the arms, abdominals, bottoms and legs with a low impact cardio section at the beginning to work the heart as well.

Les Mills Core

Exercising muscles around the core, CORE™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to sports - it's the glue that holds everything together. All the moves in CORE™ have options, so it's challenging but achievable for your own level of fitness.

Dance Motivation

A fun low-impact class for all levels and ages. Easy to follow dance steps compiled into mini routines. Themes vary from pop chart, Latino, belly and line dancing, modern jazz and rock & roll. This class is suitable for all abilities.

Zumba

ZUMBA fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness programme that will blow you away.

Box Fit

Hatton Academy sports specific Fight Camp. Come to learn the craft of boxing and safely box your way into a new fitness level. Movement based boxing incorporating body weight exercises, shadow boxing and technique.



THE LENSBRURY

Hi-Energy Classes Information

Body Conditioning

A fun class consisting of a muscle specific warm up followed by a preplanned workout of strength, power, endurance, coordination, agility and more. The cardio training will get you fit and keep you fit.

Step

Based on stepping up and down around a small step, which helps to shape and tone the legs as well as burn fat. A fun workout, where advanced steppers and beginners can all work together.

Body Combat

Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 740 calories. This high-energy martial-arts inspired workout is totally non-contact, with no complex moves to master. A LES MILLS™ instructor will challenge & motivate you to up the intensity & make the most of every round.

Konga

KONGA® is an easy-to-follow, mood-elevating, high intensity fusion of Boxing, Cardio, Dance and Sculpting set to the hottest beats. An all-in-one workout that will torch calories, tone up, make your soul smile & inject your body with an endorphin overload. KONGA® is designed to be inclusive for all shapes, ages, and sizes.

Cardio Tone

Cardio Tone is a fun class incorporating a mix of cardio, resistance and core. 30 minutes of cardio followed by toning exercises to sculpt the body. A total body workout that can be as challenging as you'd like to make it. This class is suitable for all fitness levels.

Body Attack

BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. Challenging your limits in a good way, and leaving you with a sense of achievement.

Dynamic Sculpt

Full body sculpting and conditioning, using weights and bodyweight. The class incorporates intervals, agility and endurance training in addition to sculpting and mobilization. This class is suitable for all fitness levels.

Bootcamp

Challenge yourself with this fast-paced, calorie-blasting workout, using the traditional Boot Camp style approach. Boot Camp is geared toward all fitness levels and will help improve strength and fitness.



THE LENSBRURY

Hi-Energy Classes Information

Movement & Mobility

Our Movement and Mobility classes are for all! Stretching is often overlooked, however, it is a critical part of any fitness programme.

Using resistance and movement to recondition the body helping to improve posture, movement and performance. A class not to be missed!

Latin Music & Dance

Latin Dance classes offer a lively and dynamic way to explore styles such as Salsa, Cha-Cha, and Samba. These not only boost fitness and coordination but also enhance rhythm, confidence, and social connection. Participants learn foundational steps, musical timing, partnering techniques, and choreography.

Freestyle Pump

A non-impact class to give your body a complete workout using barbells and weights to motivating music.

Functional Blast

Functional Blast is a high intensity body weight class that will challenge your cardiovascular capacity, increase your metabolism and as a result rapidly burn body fat.

Dance Fitness

Dance Fitness begins with a full body warmup, arm and leg conditioning, and then utilises simple choreography in a series of fast paced aerobic dances to get your body going. This class is catered to all levels of fitness.

Core Blast

This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strength the abdomen and back muscles. The instructor may include a variety of equipment in this great workout. Enjoy a quick class focused on strengthening the core.



THE LENSURY

Aqua Classes Information

Aquadynamics

Aquadynamics utilises the water's resistance to tone, strengthen and improve cardiovascular conditioning while reducing stress impact on joints, bones and muscles. Please note: You must be able to swim to participate.

Aqua

An Aqua class is a low-impact, water-based fitness class that combines aerobic exercises, strength training, and flexibility movements, all performed in a swimming pool. Using the natural buoyancy and resistance of water, participants engage in simple aerobic moves, such as water jogging and jumping jacks, as well as strength exercises using water dumbbells or noodles. The classes are suitable for all fitness levels, ages, and abilities.

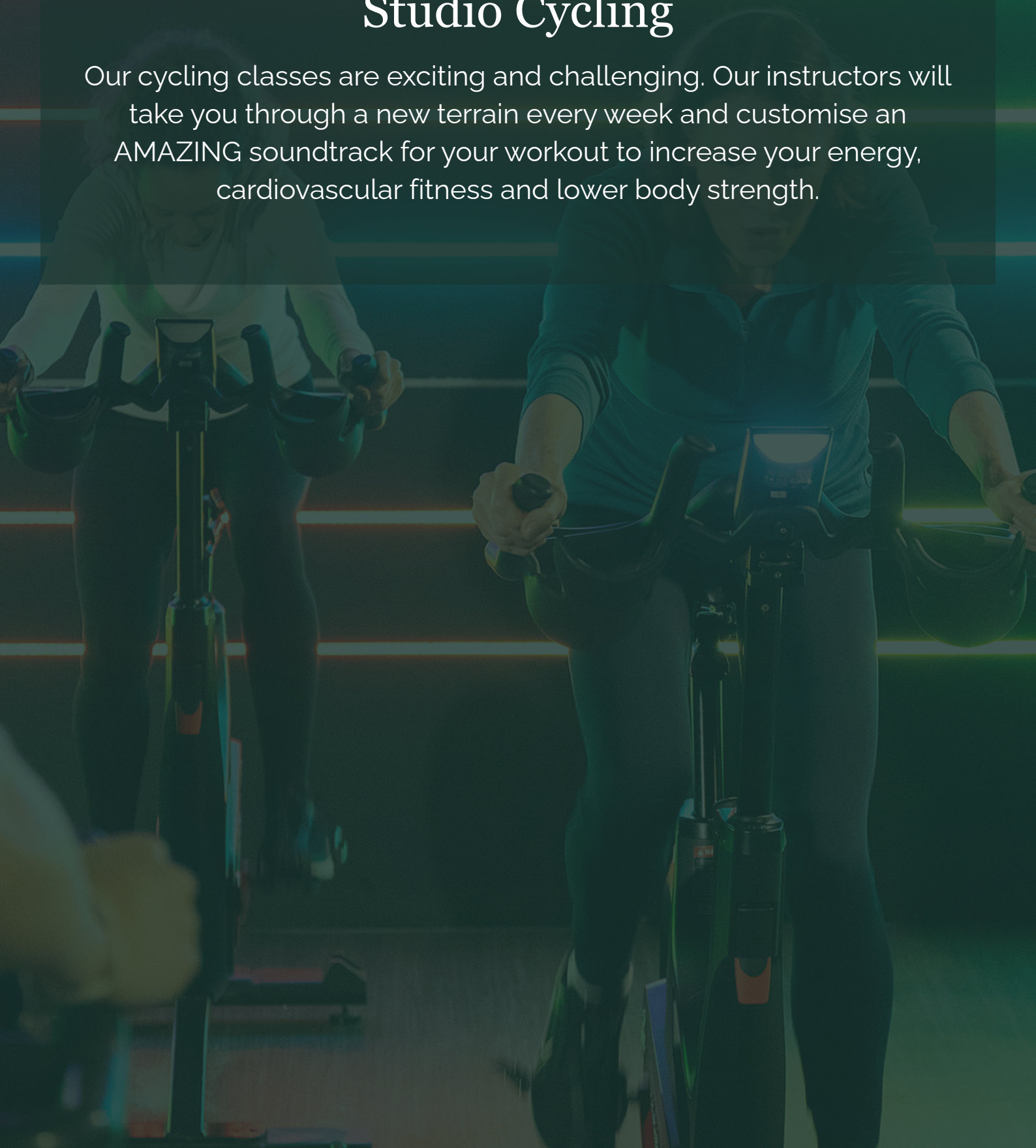


THE LENSBRURY

Cycle Classes Information

Studio Cycling

Our cycling classes are exciting and challenging. Our instructors will take you through a new terrain every week and customise an AMAZING soundtrack for your workout to increase your energy, cardiovascular fitness and lower body strength.





THE LENSBRURY

Outdoor Classes Information

LAPZ

Interval based running class. Challenge yourself with this fast-paced, calorie-blasting workout, using the traditional Boot Camp style approach. Boot Camp is geared toward all fitness levels and will see improvements in strength and fitness. Please ensure you bring a mat, water and some extra layers for our outdoor classes.

Functional

Functional Blast is a high intensity bodyweight class that will challenge your cardiovascular capacity, increase your metabolism and as a result rapidly burn body fat.



THE LENSBRURY

Gym Floor Classes Information

(Fast Classes, 20 Minutes Long)

TRX

Our TRX classes are group fitness sessions with TRX Suspension Trainers, straps anchored to a secure point to perform a full-body workout using your own body weight and gravity for resistance. These low-impact exercises are designed to build core strength, muscle endurance, and improve balance and stability, making them adaptable for all fitness levels, from beginners to professional athletes.

Core

Core is a fitness class focused on strengthening the muscles of the torso, the abdomen, back, and glutes, to improve posture, balance, stability, and functional movement, ultimately helping to prevent back pain and injuries. These classes typically involve mat-based, bodyweight, or weighted exercises like planks, crunches, and sit-ups, and are suitable for various fitness levels.

Circuits

Circuit is a type of workout that involves moving through a series of different exercise stations with minimal rest in between each station. These classes are designed to provide a comprehensive, full-body workout by combining cardiovascular exercises, strength training, and resistance training to improve overall fitness, including strength, stamina, and endurance.

HIIT

These classes, which are time-efficient, use a variety of bodyweight or equipment-based exercises to improve cardiovascular fitness, build strength, and burn calories. Instructors provide guidance and modifications for different fitness levels, making it suitable for beginners and experienced individuals alike.

Kettlebells

A kettlebell class is a full-body workout using cast-iron weights with handles, focusing on dynamic, ballistic movements like swings to build strength, endurance, agility, and improve cardio fitness. These classes integrate traditional strength training with high-intensity interval training (HIIT), leading to significant calorie and fat burning while enhancing posture, balance, and core strength. It's a versatile, time-efficient workout suitable for various fitness levels, with instructors providing guidance on proper technique to ensure a safe and effective experience for beginners and experienced individuals alike.



THE LENSBRURY

Reformer Pilates Classes Information

Beginner Reformer Pilates

This class is ideal for those that are new to Reformer and have completed their introduction to Reformer 1-2-1 session. Reformer Pilates is a fantastic way to improve strength and flexibility whilst having fun. Using the Pilates Reformer machine, you will work on balance, alignment, core strength and muscle tone. The Reformer machine adjusts to suit your individual strength and flexibility. PLEASE NOTE: Socks MUST be worn at all times during the class.

Reformer Pilates

This class is suitable for participants who have taken part in our beginner programme and have some experience with a Reformer bed. Reformer Pilates is a fantastic way to improve strength and flexibility whilst having fun. Using the Pilates Reformer machine, you will work on balance, alignment, core strength, and muscle tone.

Jump Board

A Jump board reformer Pilates class is a high-intensity, low-impact workout that adds a cardiovascular element to traditional Pilates by using a jumpboard attachment on a reformer machine, resulting in improved stamina, lower body strength, coordination, and muscle tone without excessive joint stress. The class combines core strengthening and flexibility with aerobic movements, using the padded jumpboard to simulate jumping while lying down.