

CLASS DESCRIPTIONS

Strength & Conditioning Classes:

Express Circuit:

A gym based circuit class combined with cardiovascular intervals using resistance equipment to increase muscle tone & endurance. This class is perfect for clients with minor injuries as the hydraulic resisted equipment minimises joint strain.

Body Conditioning:

A mix of aerobics and 3 toning intervals for all those stubborn body parts... lower body (thighs & butt), upper arms and abdominals. The choreography is simple but the results optimal.

Ski Fit:

Going skiing this winter? Strengthen thighs, buttocks and abdominals and improve your endurance on the slopes. Work on your balance & posture to improve technique whilst minimising falls and injury. Learn ski specific stretches that will ease muscle aches after a long day on piste.

Box Fit:

Punch that stress away... Learn boxing techniques in a circuit based environment. This combination of equipment and pad work combined with cardiovascular intervals is the ultimate total body workout. You too can be fighting fit!

Bodyweight Circuit:

A challenging studio based workout using only bodyweight resistance. Strengthen legs, core and the upper body through a series of posturally demanding exercises. This class can be tailored to all fitness levels. Prepare to feel the burn!

Holistic Classes:

Tai Chi:

A form of traditional Chinese mind/body exercise and meditation that uses slow sets of body movements and controlled breathing. Tai chi can improve balance, flexibility, muscle strength, and overall health.

Iyengar Yoga:

A methodical and progressive system of yoga using props and supports. Beginners work on simple postures progressing at their own pace to more complex postures to suit their body.

Hatha Yoga:

Yoga is an ancient Hindu practice, dating back to about 2500 BC. The techniques concentrate on posture and alignment through stretching positions, breathing, and meditation. At esph we specially adapt yoga poses to assist our clients in stretching, postural alignment and balance.

Pre-Natal Yoga:

Yoga stretching and strengthening aimed specifically at expectant Mums focussing on joints and muscles being squeezed by the extra bundle of joy.

Post-Natal Yoga:

Post natal yoga for Mums & babies to help improve strength, flexibility and stamina. (Babies not yet crawling can come with Mum)

Core Stability Classes:

Beginners Mat Pilates:

Learn the basics of Pilates, an exercise method that promotes good posture, strength & stability of all the major joints. This relaxing class will teach you how to activate your 'core' muscles and improve joint stability.

Mat Pilates:

A class for those that have grasped the basics of Pilates. Challenge your stability muscles and flexibility with more intense exercises, tailor made to improve your alignment and strength.

Stability Ball:

The stability ball provides an unstable environment that stimulates postural muscles more intensely than doing the same exercises on a static base. This class will improve your abdominal strength and joint stability as well as maximising calories burnt during a bodyweight resistance workout.

Balance & Stability:

Re-educate your joint stability, strengthen your core & improve your balance through a series of bodyweight exercises. Enhance your strength and stability by applying Pilates principles & using equipment such as stability balls, foam rollers and wobble boards.

Express Abs:

Want to tone your abdominals? Then join us for a 30 minute mat workout that combines conventional exercises to strengthen your outer abdominal muscles with Pilates based exercises that work on the deep, stabilising muscles.

Cardiovascular Classes:

Group Cycling:

Bring the outdoors indoors with a group cycling class that will challenge all levels of fitness. Experience hill climbs in & out of the saddle, flat roads, sprints and much more set to music for an excellent workout.

Circuit For Mums:

Child care a problem? Leave your little ones in our creche & enjoy a gym based cardio & toning circuit designed specifically to target those problem areas post pregnancy.

KEY:

Location:

S1 = Studio 1

S2 = Studio 2

Pilates For Mums:

Pilates for expectant and recently blessed Mums. Babies welcome to a mum friendly class that works to educate your deep abdominals and help support your back and spine.