



# Classes at the Pelican Centre!

Check out our class descriptions to help prepare yourself on what to expect and the benefits of each class – make the most out of your membership!

<b>Aquafit</b>	A full-body workout in our Pelican pool that combines cardio, strength & resistance exercises. Increase flexibility & relieve joint pain with this fun Aquafit class! Expect to exercise in the pool to music.	2
<b>Ballet Barre</b>	Combining classical ballet & Pilates movements, you'll strengthen your core as you delve into deep muscle activation & toning.	3
<b>Bootcamp</b>	Bootcamp combines strength & cardio exercises for you to feel that full-body burn. Feel fitter, healthier & mix up your training with a Bootcamp class! Expect varied exercises with a range of weights & bodyweight moves.	5
<b>Body Blast</b>	A fun, choreographed, resistance & cardio workout, targeting specific areas of your body using weights, stepboxes & floor routines to achieve real results. Expect to mix it up with different kit & varied moves.	4
<b>Body Sculpt</b>	A non-aerobic class that improves core strength, stamina & tones your whole body using light to medium weights to achieve a toned & lean look. Suitable for all levels, with great benefits for any age or ability!	3
<b>Chair Yoga</b>	A gentle, paced session to help you get back into exercise by completing seated & standing movement using a chair. Suitable for all abilities, especially those with limited mobility who need a little extra support.	2
<b>CIRCL Mobility™</b>	This 'full CIRCL' class focuses on flexibility, breathwork & mobility exercises. Release stress, restore your body & move more freely.	3
<b>Circuits</b>	Get the heart pumping with a circuits session based around strength, cardio & resistance to work every part of your body. Expect to try different weights, bodyweight movements & exercises on the mat.	5
<b>Couch 2 5K</b>	Want to be more active, need motivation or just want to run with a likeminded group? Join our guided C25K sessions, a fantastic programme that gets anyone on track to achieving a non-stop 5km run.	4
<b>Dance Fit</b>	An upbeat, energetic cardio class based on jazz, street & hip hop dance styles. So much fun that you won't notice the workout!	4
<b>Focus Training</b>	Each PT-led class focuses on training specific areas of your body, improving your flexibility, strength & helping you to get more out of your gym routine. Expect to work out in a small group, using a range of equipment.	3
<b>Functional Training</b>	Get your body ready for the everyday with different strength exercises that improve balance, posture & flexibility. Expect bodyweight movement & exercises using weights, with low impact but maximum effort!	3

Not sure where to start? Use our Pelican Peli-ometer to choose the right class for your ability.

1. VERY LIGHT

2. LIGHT

3. MODERATE

4. VIGOROUS

5. INTENSE

**Pelican  
PELI-OMETER**



Gentle Gym	Suitable for all ages & abilities, the Pelican's professional PTs give you the guidance & reassurance you need to get back into exercise or to get started in the gym in a friendly, helpful & welcoming space.	2
HIIT	30 mins of high intensity bursts of strength & cardio exercises, burning fat & improving your stamina to get more out of your training. Expect bodyweight exercises in short bursts, both on your feet & on a mat.	5
Junior Gym	A guided, instructor-led gym introduction for 11-14 year olds. These small group sessions are a great way to get young people into the gym safely, with plenty of guidance in using equipment & exercising the right way.	3
Legs, Bums & Tums	A full-body, aerobic workout designed to tone up your legs, glutes & abs while improving your stamina, stability & balance. Expect to exercise both on your feet & on a mat.	3
Low Aerobics	Low-intensity, accessible cardio exercise that gently increases your heart rate, keeps you mobile & strengthens your muscles. A great way to meet others, too! Expect as much or as little movement as you like, on your feet or on a chair.	1
No Worries Workouts	A guided gym workout for younger people who are new to the gym, haven't been for a while, or who want help & guidance from a professional PT. Build your confidence & routine with no pressure in our No Worries Workouts.	3
PeliMAN Power	A high intensity strength class designed for men (women are welcome too!) that will keep your heart healthy & complement your regular routine! Expect weights, PT-led guidance & movement on your feet & on a mat.	5
Pilates	Low-impact yet highly effective exercise that focuses on balance, posture, strength & flexibility. Suitable for all ages & fitness levels! Expect non-aerobic exercises on your feet & on the mat.	2
Pregnancy Yoga	Strengthens important muscle groups to help prepare you for labour & birth. Pregnancy Yoga is a great way to socialise & make friends with other expectant mums. Expect gentle movement, flow & mindfulness.	1
Strength & Balance (Referral Only)	As we grow older it's important to strengthen your body, helping to prevent falls & injuries. This class is a great way to improve your stability & confidence! Expect bodyweight exercises, mostly on your feet.	1
Strength & Conditioning	Creating resistance with weights or just your body, Strength & Conditioning is led by professional PTs to build body strength, tone muscle & burn fat. Expect a medium-to-high intensity class using weights.	4
Stepbox Fitness	Strengthening your legs, lower body & core, Stepbox mixes up step, boxing and Legs, Bums & Tums exercises to quickly build fitness, stamina & tone muscle. Expect a step & lots of cardio work to music!	4
Stretch & Flex	Stretching & strengthening specific muscle groups, stretches from head to toe help to prevent injury, improve flexibility, & tone your body. Expect a light warm up & to work mainly on the mat. Suitable for any level!	2
Yoga	Stretching your body, relaxing your mind & releasing the tension of the day, yoga is a great practice for body & mind. Expect a gentle start & finish on the mat, with movement that's as challenging as you want it to be.	2
Zumba	The world's most popular dance fitness class that tones your entire body & de-stresses the mind. Lots of fun & leaves you feeling great! Expect energetic routines set to Latin and world music!	4
Zumba Gold	A lower impact, less strenuous version of our regular dance-based Zumba class. Still expect to have loads of fun, beat your everyday stress and leave feeling great!	2