Group Exercise Classes

Find our live class timetable and book your spot via our member portal.

Aqua Classes

Aqua Fitness 45mins

A fun, energetic cardio workout in the 25-metre pool.

Aqua Flow 45min

Relax and strengthen your body with this calming, full-body workout that blends Pilates, yoga, and Tai Chi movements, all enhanced by the natural resistance of water.

Aqua Fit 45mins

Boost your cardio and stamina in this high-energy, low-impact class, using the water's resistance to elevate each movement and improve cardiovascular health.

Aqua Pilates 45mins

Combining Pilates techniques with aqua exercise. Improve your core strength, posture, and joint mobility in the hydrotherapy pool.

Hot Aqua 55mins

Conducted in the warm Wellness Pool, combining slower paced aqua exercise with the benefits of warm water exercise to improve mobility and movement.

Aqua HIIT 30mins

More physically challenging than Aqua Fitness, Aqua HIIT is a High Intense Interval Training class a style that uses hard exertion followed by less intense recovery periods.

Aqua Tone 45mins

Tone and strengthen your body with water resistance in this fun, full-body workout, incorporating circuit-style training and equipment for a challenging yet joint-friendly experience.

Swim fit 60/90mins

You will learn about pacing, stroke strength, stroke rate, and open water skills. Regular time trials will help you gauge improvement.

Bike & Cycle classes

Cycle 45mins

An indoor cycling class where the instructor creates the workout. Sessions may include climbing, sprinting, and interval training.

Les Mills The Trip 40mins

A fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally created worlds. With its cinema-scale screen

Les Mills RPM 45mins

Ride the rhythm of powerful music to a calorie burning endorphin high, and strengthen your heart, lungs and legs.

Les Mills Sprint 30mins

High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. Personalised coaching with intervals of strength, speed, and power will push you to the max.

Circuit Classes

Boxing Circuit 45mins

A Boxing Circuit class combines boxingbased cardio with strength and conditioning exercises performed in rotating stations. Participants move through a series of boxing drills, mixed with functional strength and highintensity exercises This class delivers a fullbody workout that burns calories and builds strength.

HITT Circuit 45mins

A circuit class is a dynamic, fullbody workout that combines strength, cardio, and functional exercises.
Exercises include bodyweight movements, free weights, resistance equipment, and cardio drills. Classes are for all fitness levels, while improving strength, endurance, coordination, and overall fitness.

Boxing 45mins

A boxing class is a highenergy, fullbody workout inspired by boxing training techniques. Participants learn and practice basic punches, combinations, footwork, and defensive movements while building cardiovascular fitness, strength, coordination, and agility.

Functional Strength 45mins

An introduction to strength training covering basic principles, benefits, and key movements. Each class targets your full body and builds comfort with the barbell. You'll learn functional movements to enhance your everyday mobility.

HIIT 45mins

Experience interval-based training that pushes your limits followed by recovery. HIIT is proven to deliver fast results. Your trainer will guide you to work hard and train smart.

Muscle & Strength Training

Les Mills Body Pump 45mins

The original barbell class that strengthens and tones your entire body to ensure you get results fast.

Les Mills Strength Development 45mins

Progressive group fitness class focused on building strength through science-based, functional weight training. It uses slow, controlled movements and time under tension to improve muscle, technique, and confidence, with workouts. The program is designed for both beginners and experienced lifters, who can choose their own weights and focus on form.

Les Mills Body Pump Heavy 55mins

Is tempo-based weightlifting that switches on your metabolic engine to build lean muscle like nothing else. Drawing on traditional lifting techniques, each class challenges strength, builds lean muscle, and drives measurable performance gains. It's simple to do and the slow tempo with lots of recovery periods allows for expert coaching, so you master form and technique. Driven by iconic music and group energy, it turns traditional weightlifting into a fun, social, and addictive experience.

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Cardio & Dance Classes

Bollywood 45mins

Our Indian-inspired dance class, Masala Bhangra, delivers Bollywood and more! In every class we get a little cheeky and flirty using moves influenced by Bollywood movies, and we also include strong and energetic moves inspired by Bhangra folk dance from the Punjab region of India. The hypnotic beat of the music carries you through the choreography, and you'll feel as if you're on the set of a Bollywood movie!

Freestyle Step 55mins

A freestyle step workout including adjustable step height and simple moves that will push fat burning systems into high gear.

Dance 45mins

A dance fitness class is a dynamic and energetic workout session that combines elements of dance with traditional aerobic exercises. These classes are designed to provide a fun and effective way to improve cardiovascular health, coordination, flexibility and overall fitness while dancing to upbeat music. Perfect for all levels of fitness.

Zumba 55mins

Featuring exotic rhythms set to high-energy Latin and international beats. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning participants.

Les Mills Body Attack 55/45mins

Sports-inspired cardio workout including high energy aerobic moves, sports drills and strength work will get you fit fast.

Les Mills Body Combat 55/45mins

The empowering cardio workout where you are totally unleashed. Inspired by a range of martial arts.

Les Mills Body Step 45/55mins

An energising step workout including adjustable step height and simple moves that will push fat burning systems into high gear.

X Training 45mins

Freestyle full body workout incorporating strength and cardio using light weights and a step.

Bootcamp 45mins

Bootcamp integrates the most effective aspects of cardio and functional strength training. Expect a training session which will include a series of high and low intensity exercises, utilising timed intervals that will combine free weights, plyometrics, cardio conditioning, and balance training.

Run It Back 45mins

Whether you're chasing a new PB or just looking to improve your fitness, Run Club is the perfect way to build your endurance, boost your cardiovascular health, and enjoy the motivation of a group environment. Sessions include a mix of intervals, technique drills, and steady runs tailored to suit all fitness levels. Expect support, good vibes, and a serious endorphin hit!

Reformer Pilates

Foundation 45mins

This class is the perfect place to start your Reformer Pilates journey, or if you are wanting to revisit the principles of the Pilates Method at a slower pace, with more focus on the foundations. It includes a brief induction to the Reformer Bed followed by exercises designed to improve coordination, core strength, balance, stability and awareness. Suitable for all ages. Please arrive 5 mins prior to class start time.

Progression 45mins

This Progressive Reformer Class is an intermediate class, the next step on your Pilates journey! This class moves at a pace assuming you have a knowledge of Pilates and our equipment. This class is a complete workout challenging the whole body, through progressive sequences building on your strength through specific muscle focus. Participants should have attended at least 3-5 Foundation classes (dependent on experience and ability). Please seek the guidance of your instructor before moving to Progression. We recommend attending our Foundation classes even if you have practiced Pilates elsewhere.

Advanced 45mins

A high intensity style Reformer session designed to take your Pilates to the highest level. Classes focus on endurance with faster paced movements and may include moderate impact moves like jumps, HIIT, as well as resistance training. We recommend participants come along without injuries and have 3 months' experience with Pilates and the equipment.

Advanced Jump 45mins

This high intensity Jumpboard class increases cardiovascular fitness and muscular endurance. Be prepared to sweat and feel the burn! Not suitable for beginners, pregnancy or participants with injuries.

Restorative 30/45mins

Restorative reformer is a slow-paced, low-impact class focusing on gentle stretching, mindful movement, and deep breathing to reduce stress and improve mobility.

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Yoga Classes

Beginners 50mins

This class introduces the fundamental poses of yoga, explores body alignment and breath while developing strength, flexibility, and balance in a supportive environment.

Vinyasa Flow 50 /55mins

Vinyasa Yoga follows a series of flowing poses that connect breath with body and movement. Typically, a stronger and more intense practice it is recommended to have participated in Beginners, Hatha or Slow Flow before attending this class.

Slow Flow 50/55mins

Slow Flow is a mindful class that combines breath with movement at a relaxed and conscious pace to restore balance to both mind and body. We explore proper alignment, build strength, cultivate flexibility, and reduce stress.

Yin 50/75mins

A deeply mindful style of Yoga where postures are held for a longer period of time while you find stillness and focus on the breath. Profoundly powerful practice to alleviate stress and deeply release tension and tightness in the body.

Restorative 50/90mins

A gentle yoga class that slows down your body through passive stretching using props to support your body and allow the muscles to relax deeply. We ask that patrons refrain from leaving the class early, notwithstanding special circumstances, to avoid disturbing other participants during meditation.

Yoga Nidra 30 mins

Yoga Nidra or yogic sleep is a state of consciousness between waking and sleeping, induced by guided meditation. We ask that patrons refrain from leaving the class early, notwithstanding special circumstances, to avoid disturbing other participants during meditation.

Hatha 50/55mins

Hatha Yoga incorporates all the basic traditional methods including poses, breath work, meditation, and relaxation. The poses(asana) are slowed down and held static for longer period times than flow Yoga to focus your mind and body strength.

Restore/Sound 50/90mins

Restorative Yoga taps into the parasympathetic nervous system, accessing the body's own healing abilities. It can help to reduce stress, anxiety and chronic pain and improve sleep. This class is combined with Sound Healing, which affects the vibration of the body on a cellular level helping to bring back the body to a state of balance and harmony.

Yin/Restore 50/55mins

A gentle yoga practice with elements of Yin and Restorative yoga. Profoundly powerful practice to alleviate stress and deeply release tension and tightness in the body.

Chair Yogalates 45mins

Chair Yogalates is a gentle yet effective fusion of Yoga and Pilates, performed mostly while seated or using a chair for support. This class focuses on improving mobility, strength, posture, and balance. It is ideal for beginners or older adults with limited mobility. Promote wellbeing and relaxation in a welcoming friendly environment - all from the comfort and stability of a chair.

Meditation 30mins

Meditation can produce a deep state of relaxation and a tranquil mind. You focus your attention using a combination of mental and physical techniques which may include but is not limited to - mindfulness, breath, mantra and Yoga Nidra.

Yin/Meditation 75mins

A deeply mindful style of Yoga where postures are held for a longer period of time while you find stillness and focus on the breath. This class finishes with Meditation to produce a deep state of relaxation and well-being.

Sculpt & Tone Classes

Tummy, Hips and Thighs 45mins

A lower body conditioning class focusing on toning and strengthening the glutes, hips, quads, hamstrings, adductors, core and pelvic floor. Suitable for all fitness levels and excellent as a post and prenatal exercise option.

Les Mills Core 30/45mins

Targeting your mid-section with functional strength exercises, muscle toning and stability work**.**

Les Mills Tone 45mins

Combining High Intensity Interval based cardio (HIIT) with Strength and Core training, this class will get you results fast.

Les Mills Shapes 45mins

An exciting new Les Mills launch blending Pilates, Barre, and Power Yoga, set to modern beats. Get ready to invigorate your mind and body.

GELFIT strength 45mins

This is a low-impact medium intensity strength Class. Designed to improve strength in your Upper Body, Lower Body, and Core. Using supersets and repetition, you will leave each class feeling stronger. Our qualified instructors will coach you throughout the class to ensure your workout is safe, effective, with correct technique. Modifications and options to advance are always provided, making it accessible to all fitness levels. Regular participation will build strength, muscular endurance, and core stability.

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Pilates & Mind-body Movement

Some Pilates and Yoga classes at GESAC may be heated with infrared panels to a temperature of 25-27 degrees, check member portal for more details.

Mat Pilates 45/55mins

Pilates Exercises with and without small equipment such as balls, bands and Pilates rings. Tone your whole body and strengthen your core, while improving posture, alignment, and balance.

Heated Mat Pilates 45/55mins

Heated Mat Pilates is a challenging full body workout designed to strengthen muscles using the Pilates principles. As the name suggests this class is taught in a heated space to induce sweating and detoxification.

Chair Pilates 45mins

Chair Pilates is a modified form of Pilates that can be performed while seated on a chair or using a chair for support when doing standing exercises. This class improves core strength, mobility, balance and posture. It is ideal for beginners or older adults with limited mobility.

Tai Chi 45mins

Tai Chi is a moving meditation in the form of a series of gentle exercises that create harmony between the mind and body. Promotes mental awareness, improves balance, control and wellbeing. Suitable for all ages and fitness levels.

Qi Gong 45mins

A gentle & restorative exercise therapy incorporating a variety of low impact movements with stillness & some meditation. The purpose of the practice is to release tension - physical, mental & emotional.

Mobilise 45mins

Mobilise is designed to improve your range of motion, flexibility, and mobility while also targeting strength, balance, and stability. Mobilise can help reduce stiffness, discomfort and pain to help you move and feel better.

Stretch & Release 45mins

Unwind, lengthen, and restore. Stretch and Release is a feel-good mobility class designed to ease tight muscles and reset your body. Blending flowing stretches, Tai Chi, Pilates inspired mobility techniques, massage balls and stick mobility, this class helps improve flexibility, joint range and overall movement quality. Perfect as a recovery session or stress reliever. (Includes floor work).

Barre 50mins

High-repetition, low-impact workout designed to sculpt and tone the entire body through dance-inspired movements, focusing on muscular endurance. Utilizing a ballet barre, light weights, and resistance bands, these classes combine Pilates, yoga, and ballet to strengthen the core, glutes, and limbs.

Barre/Pilates 45/55mins

A fun fusion of Barre and Mat Pilates exercises utilizing ballet barre, light weights, and resistance bands.

Mums & Bubs 45mins

Post-partum friendly exercises. Babies under 12 months are welcome.

Les Mills Body Balance 45mins

A yoga, tai chi and Pilates workout that builds flexibility and strength, leaving you feeling centered and calm.

Les Mills Pilates 45mins

Mind-body workout designed to improve strength, mobility and happiness. Slow, simple movements tone your abs, glutes, back, and hips. Expert guidance builds technique and control. Modern breathwork creates renewal and bliss. Traditional Pilates meets the Les Mills experience, leaving you feeling strong, uplifted, and calm.

Older Adults Classes (60+)

Activate Strength 45/50 mins

Designed to help improve functional movement, strength, balance, co-ordination and bone density in older adults.

Living Stronger 45mins

45-minute class designed to help improve functional movement, strength, balance, co-ordination and mobility in older adults. Suitable for beginners.

Living Stronger 65+ 45mins

45-minute class designed to help improve functional movement, strength, balance, co-ordination and mobility in older adults. This class is restricted to patrons aged 65 and above.

Activate Reformer 45mins

This 45 min Reformer Pilates class is designed to help improve mobility, strength, balance, and stability in older adults.

Activate Tai Chi 45mins

Tai Chi is a moving meditation in the form of a series of gentle exercises that create harmony between the mind and body. Promotes mental awareness, improves balance, control, and wellbeing.

Zumba Gold 45/50 mins

Gold will get you moving, improve your fitness and leave you feeling energised. This class is for active adults who are looking for a modified Zumba class that recreates the original moves you love, but at a lower intensity.