



GLASS HOUSE

CARDIO CLASSES

HIIT

High Intensity Interval Training. 20 seconds of giving everything you've got, to earn 10 seconds rest in between exercises!

INDOOR/OUTDOOR BOOTCAMPS

Bootcamps is an extremely time efficient way for you to boost your cardio vascular fitness and muscle endurance.

We recommend it for all fitness levels, beginners and advanced. In the Summer months, we have outdoor bootcamp, which is a high-intensity class, based around sets of exercises (or circuits) that are completed, before quickly moving on to the next one in a series.

BOX FIT

Based on the training used for boxing, including skipping, boxing drills, footwork, pad work and abdominal exercises.

PAD WORK

Pad work involves the use of boxing gloves and pads as the basis for a workout centred around boxing training techniques. It's the perfect workout to de-stress, increase hand-eye coordination and improve total body strength.

WHAT IS CARDIO?

A cardio based class can be anything that raises the heart rate and gets the lungs working hard. These sort of classes usually get you breathing fast and feeling sweaty.