

## FINANCIAL FITNESS GROUP LIMITED

### APPROVED ACTIVITIES LIST - 2025

|   |   |
|---|---|
| Acupressure #   | Instructors (Exercise)                                |
| Aerial Hoop   | Jazzercise  |
| Aerial Silk Dancing                                       | Jumpstyle   |
| Aerobics  | Junior Fitness  |
| Aerobics instructor                                       | Just Jhoom  |
| Applied Movement Neurology                                | Kanga Training (post-natal - Mother & baby)           |
| Aqua Aerobics   | Kangoo Instructor                                     |
| Aqua Zumba  | Kettlebells   |
| Aquanatal   | Kettlecise  |
| Aromatherapy #  | Kinesiology #   |
| Athletics   | Latin Fit   |
| Ballet Fit  | Life Coaching #                                       |
| Barrecore   | Low back conditioning                                 |
| Belly Dancing/ Belly Fit                                  | Martial Arts Based Fitness                            |
| Body Attack   | Massage #   |
| Body Balance  | Mindfulness Therapy #                                 |
| Body Combat (non-contact)                                 | MMA training  |
| Body Jam  | Multi Skills  |
| Body Pump   | Muscle building                                       |
| Bodyballance  | Muscle toning/shaping                                 |
| Bodyvive  | Non-contact kickboxing                                |
| Bokwa   | Nutritionists & Nutritional Advice                    |
| Booiaka   | Online distribution of training to registered clients |
| Boot Camps  | Pad Work  |
| Boxercise   | Personal Trainers                                     |
| Boxing (amateur)  | Pilates   |
| British Military Fitness                                  | Pole fitness  |
| Buff Bones  | Power clubs   |
| Buggy Fit   | Power lifting   |
| Burlesque Fit   | Power training  |
| Calisthenics  | Powerplate  |
| Callanetics   | Pregnancy Fitness (pre & post Natal)                  |
| Cani-Cross / Dog Fit                                      | Reflexology #   |
| Cardiac Rehabilitation                                    | Rehabilitation (excluding physiotherapy)              |
| Cardio Vascular training                                  | Reiki #   |
| Chair Based Exercise                                      | RPM   |
| Cheerleading/Majorettes (excluding lifts and aerial work) | Running clinics                                       |
| Children's Fitness  | Salsa Fit   |
| Children's Multi-Sports                                   | Shbam   |
| Chi-Yoga  | Shiatsu #   |
| Circuit Training  | Skiping   |

|   |                             |
|---|-----------------------------|
| Core stability                                  | Speed, Agility & Quickness  |
| CrossFit ®                                      | Spinning                    |
| CrossFit Kids ®                                 | Sports coaching             |
| CXWORX/ Les Mills/ Grit Series                  | Sports Development Training |
| Dance (all types)                               | Sports Massage              |
| DNA Testing for Fitness Analysis                | Sports Performance Analysis |
| Dodgeball                                       | Sports Therapy #            |
| Exercise instructors                            | Strength & Conditioning     |
| Fitball Classes                                 | Strength training           |
| Fitness for kids                                | Studio Cycling              |
| Fitsteps  | Swimming Instruction        |
| Flexibility                                     | Tap Fit                     |
| Floorball                                       | Triathlon training          |
| FMT Blades                                      | Trigger Point Therapy #     |
| Functional Anatomy                              | TRX training                |
| Gold Medal Bodies Fitness                       | Vipr                        |
| GP referral                                     | Walking                     |
| Group Exercise Instruction                      | Water Exercise              |
| Group Studio Cycling                            | Weight training             |
| Gym instructors                                 | Yoga                        |
| Gymnastics as part of a fitness regime          | Zumba                       |
| Hip Hop Fit                                     | Zumba Gold                  |
| Hula Hoop Classes                               | Zumba Gold Toning           |
| Hyrox   | Zumba Sentao                |
| Injury Rehabilitation (excluding physiotherapy) | Zumba Toning                |
| Insanity / T25                                  | Zumbatronics                |
| Insanity Workout                                | Zumbini                     |