



CLASS DESCRIPTIONS

SPIN
CONDITIONING
STRENGTH
MIND & BODY
ACTIVE
POOL WORKOUT
DANCE FITNESS

<p>AEROBICS</p> <p>Get your heart pumping to the beat of energetic music in this high-energy exercise class. Burn off body fat, improve strength and shape and tone your body while having a blast!</p>	<p>AQUA AEROBICS</p> <p>Dive into a non-weight bearing aerobic workout suitable for all fitness levels. Use the water and equipment for resistance, toning, cardiovascular fitness, core, balance and of course, fun!</p>	<p>AQUA AEROBICS & CIRCUITS</p> <p>A combination of aqua aerobic and a circuit class using aqua weights, woggles and the resistance of the water to tone and strengthen the whole body.</p>	<p>BALLET BARRE</p> <p>Join our Ballet Barre class for a fusion of Ballet, Pilates and Core conditioning. Improve balance, strength, flexibility, burn calories and enhance core stability. No ballet experience needed, just come ready to move and enjoy the mind-body boost.</p>	<p>BARBELL CLUB</p> <p>Barbell club is small group training with a focus on learning and perfecting basic barbell moves. Suitable for both beginners and those with lifting experience. You will be guided through correct technique and movement skills helping prevent injury and increase your strength levels. Lift like a champ!</p>	<p>BODYATTACK™</p> <p>A high-energy fitness class for all fitness levels. Experience a dynamic combination of running, lunging, jumping, push-ups, and squats. Led by a LES MILLS™ instructor, it's an energizing workout that pushes your limits, burns up to 555 calories, and leaves you feeling accomplished. Join us and unleash your potential!</p>	<p>BODYBALANCE™</p> <p>The ultimate mind-body experience. This new generation yoga class combines yoga, Tai Chi and Pilates, allowing you to bend, stretch, and find inner harmony. With a captivating soundtrack, focus on breathing, and options for beginners, it's perfect for everyone. Enhance your well-being and join us on this transformative journey.</p>
<p>BODYCOMBAT™</p> <p>A high-energy martial arts-inspired workout that is totally non-contact. Punch & kick your way to fitness & burn up to 740 calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira & Kung Fu. Release stress, have a blast & feel like a champ. Bring your best fighter attitude.</p>	<p>BODYJAM™</p> <p>The ultimate combination of music and dance. Whether you've got two left feet or fancy yourself as Beyonce's back up dancer, we've got your back. BODYJAM doesn't discriminate, and dance is free, so what's stopping you?</p>	<p>BODYPUMP™</p> <p>Get lean, build strength & tone muscle in this group-based barbell class that works all your major muscle groups. Using light to moderate weights with lots of repetition, it gives you a total body workout. You'll leave the class feeling challenged, motivated & ready to come back for more what's stopping you?</p>	<p>BODYSTEP™</p> <p>Get ready for a full-body cardio workout that targets your butt and thighs. This class includes upbeat stepping, squat and lunge patterns for leg toning. You'll also do burpees, push-ups, and weight plate exercises for a fun and uplifting workout. Join us and leave feeling accomplished!.</p>	<p>BOOTCAMP</p> <p>A boot camp workout is a type of HIIT (High Intensity Interval Training) and can include cardio exercises, bodyweight and resistance exercises, or exercises that tackle both at the same time. Sessions will be held outside weather permitting.</p>	<p>BOXFIT</p> <p>Boxfit is the perfect balance between cardio and resistance training. Punching those pads will test your upper body strength and endurance, it will improve your coordination and reaction times and 100% will combat stress. Let's throw some punches!</p>	<p>CIRCUITS</p> <p>Circuits involves working through a set of exercises for a number of rounds. Full body conditioning for all abilities, with the option to scale up or down. Can be used as a great introduction to group exercise as you're welcome to join just for one round or stay for the full class.</p>
<p>CLUBBERCISE</p> <p>You'll work up a sweat in a darkened room with disco lights exercising to a soundtrack of club anthems from 90's classics to the latest chart hits. A mix of dance, toning and combat, they are easy-to-follow and always have high or low impact options to suit all fitness levels. You'll use a pair of our trademark flashing LED glow sticks throughout.</p>	<p>CORE & STRETCH</p> <p>Movements that combines Pilates, Yoga and Floor Barre techniques with your own breath as the pacemaker. Floor-barre is a technique in ballet training that "adjusts the basic ballet barre training from the standing position to the floor. It is what dancers use to warm up and eventually cultivate strength, mobility, flexibility.</p>	<p>FITBALL CORE WORKOUT</p> <p>A strength & stability class that will improve your posture, core stability and overall strength. Working with the instability of the swiss ball leads to improvement in movement, extra muscle recruitment and a strong midsection. Suitable for all levels with many options of intensity and progression.</p>	<p>KETTLERCISE</p> <p>The single most effective kettlebell fat burning workout, designed to shape & sculpt your body using lightweight kettlebells with a combination of 37 different exercises that last one minute each. It is a stimulating, invigorating, safe & easy to follow, kettlebell inspired, calorie blitzing, fat blasting program with lightning quick results.</p>	<p>LEGS, BUMS AND TUMS</p> <p>Tone muscle and improve the shape of your body through effective exercises specific for the legs and core. Using a variety of equipment such as resistance bands, a step and weights.</p>	<p>MET CON</p> <p>"METCON" or Metabolic Conditioning is a training style that uses short bouts of higher-intensity training designed to increase metabolic demand and increase energy usage. Using a combination of bodyweight exercises and equipment to take your fitness to the next level.</p>	<p>HIIT & CORE</p> <p>High Intensity Interval Training involves periods of high intensity exercise followed by periods of rest or active recovery. Maximise your results by utilising this type of training. These HIIT sessions also have a strong core focus.</p>
<p>PILATES</p> <p>The Pilates movements stretch the muscles & pull them into a longer & leaner shape - fantastic for core, posture, flexibility & super abs! Suitable for all, including those with back issues.</p>	<p>RHYTHM RIDE</p> <p>Experience the high-energy burn of our Rhythm Ride class. Pedal to the beat and let the music fuel your workout as you torch calories and build endurance. With the addition of upper body moves set to the music it will challenge your body whilst elevating your fitness level. Bring your energy and get ready to ride.</p>	<p>SH'BAM™</p> <p>A fun-loving, insanely addictive dance workout. SH'BAM is an ego-free zone - no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower - even if you walk in thinking you can't, you'll walk out knowing you can!</p>	<p>SPIN</p> <p>Build endurance, strengthen the core & tone your muscles with this fantastic cardiovascular workout. Suitable for all levels of fitness due to its low impact on the body. Expect hill climbs, intervals, sprints & mountains, while listening to motivating music.</p>	<p>SPIN & CORE</p> <p>A class to kick start your day. A 30 minute high energy spin with a 15 minute challenging core workout. Designed to push you out of your comfort zone and test your core strength to its limits.</p>	<p>STEP</p> <p>A fun, fat burning, choreographed workout on & around the Step, offering levels to suit beginner to expert. The stepping motion particularly targets the quads, hamstrings & glutes to strengthen & tone your legs, whilst burning 35% more calories than running.</p>	<p>T3 PUMP</p> <p>Train your body, track your progress & transform your shape with our challenging 30 minute high intensity T3 Pump sessions. T3 is different because it is made up of different sets of exercises completed for reps or time not to the beat of music. T3 Pump uses studio barbells and weights for resistance training.</p>
<p>GENTLE YOGA</p> <p>This is a variation of the Hatha tradition of yoga. It was created to be accessible to all types of students and to support their mental, physical, and spiritual needs. Gentle Yoga seeks to provide therapeutic modifications to common yoga poses. This form of yoga helps increase mobility and flexibility in a slow well rounded approach.</p>	<p>YOGA SLOW - FLOW</p> <p>Slow Flow is a Yoga workout excellent for all levels, it has the rhythm of yoga flow without the rush. Slow flow offers the benefits of Vinyasa while giving you more time to pause, adjust, focus and breathe. In this fast world we need Slow Flow to rebalance and relax. Slow Flow will help you to improve breathwork, flexibility, strength and balance.</p>	<p>YOGA - VINYASSA</p> <p>A style of yoga characterised by stringing postures together so that you move from one to another, seamlessly, using breath. Offering a variety of postures no two classes are ever alike. The variable nature of Vinyasa Yoga helps to develop a more balanced body as well as help to prevent repetitive motion injuries.</p>	<p>YOGA - YIN</p> <p>A more restorative style of yoga aimed to calm the mind & stretch the body; a perfect compliment to any cardio fitness class or gym workout, giving you time to slow down & chill out. All levels welcome.</p>	<p>YOGA</p> <p>This practice is tailored to what the participants would like on the day, whether relaxing or active. Starting slowly, connecting with the breath & warming up the body, followed by sun salutations, postures & sequences, before stretching & finally, relaxation.</p>	<p>YOGALATES</p> <p>Yogalates is a type of exercise inspired by Yoga and Pilates, as its name suggests. It is said to harness the physical and mental benefits of both practices, and it's advocates describe it as a comprehensive exercise system.</p>	<p>ZUMBA®</p> <p>Zumba takes the "work" out of workout, by mixing low-intensity & high-intensity moves for an interval-style, calorie-burning dance fitness party. A Latin inspired full body workout, combining all elements of fitness - cardio, muscle conditioning, balance & flexibility, boosted energy & a serious dose of awesome each time you leave class.</p>