

GROUP FITNESS LIVE CLASS DESCRIPTIONS

BodyBalance – Feel Balanced. A Yoga, Tai Chi and Pilates inspired workout that allows you to feel strong, calm and centered. BodyBalance will improve your joint flexibility and range of motion, tone and shape your body and enhance your mental wellbeing.

BodyPump – Be Strong. BodyPump is an intense, low impact weights based, resistance training class designed to give your body a complete workout. Pump will build strength, tone your body and push you to the limit every time.

Fitball - Creates an exciting all round workout that promises to surprise and challenge. Focussing on core stabilisation, strength & conditioning, injury prevention, flexibility & mobility.

FTZ - Functional Training Zone Classes The Functional Training Zone is a training area that features an array of innovative equipment designed to maximize your workout and deliver fast results. With an emphasis on functional training, this space is comprised of several exercise stations designed to condition your body for the activities performed in daily life.

H.I.I.T - High Intensity Interval Training is a form of interval training, an exercise strategy alternating short periods of intense anaerobic exercise with less-intense recovery periods.

Step - An athletic step workout, designed to burn calories & tone muscle fast, whilst improving endurance, agility & coordination. This class will make you feel alive.

Strength for Life 50+ - A casual based strength training program for those 50+ providing participants the benefits of getting active and step by step instruction on relevant exercises and equipment.

Spin - Is an explosive freestyle cycle class designed to enhance you endurance, burn calories and tone your body, through a hardcore session of indoor cycling. Spin will see you riding longer, resting less and racing your way to fitness.

Tri Aerobics - A little bit of everything. A low to medium impact class consisting of Aerobics, Step & TTB.

TTB – Tummy, Thighs & Buttocks - Exactly as it sounds....a muscle conditioning workout which concentrates on the stomach, thighs and buttocks.

Thump Boxing - A non-contact boxing class that increases cardiovascular fitness, endurance and muscle tone.

Zumba - This Latin-inspired, easy to follow, dance-fitness party exhilarates the senses and works all the major muscle groups in a high-energy cardio blast that leaves you invigorated, refreshed and full of life.