

# GROUP FITNESS CLASS DESCRIPTIONS

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

**BODYPUMP** 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 using a ball that promises to surprise and challenge. Focussing on core stabilisation, strength & conditioning, injury prevention, flexibility & mobility.

**FUNCTIONAL TRAINING (FTZ)** is a class that features an array of innovative equipment designed to maximize your workout and deliver fast results. With an emphasis on functional training, this class is made up 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.

**PUNCH H.I.I.T** is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by boxing and martial arts and will get your heart rate going.

**RIDE 30 & RIDE 45** is an explosive freestyle cycle class designed to enhance your endurance, burn calories and tone your body, through a hardcore session of indoor cycling. RIDE will see you riding longer, resting less and racing your way to fitness with an immersive experience of visual and audio cues using the latest technology. HR monitor connectivity and instant feedback on your RIDE will want you coming back for more.

**STEP** an athletic step workout, designed to burn calories & tone muscle fast, whilst improving endurance, agility & co-ordination. In this class you will use simple movements on, over and around the step.

**\*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. \*Additional costs apply.

**THUMP BOXING** is a group class based around the principles of functional fitness training and its adaption to boxing training. This type of training allows the experience of a total body workout with all the fun and excitement of boxing combinations and cardio routines.

**TRI AEROBICS** a little bit of everything. A low to medium impact class consisting of Aerobics, Step & TTB.

**TTB – TUMMY, THIGHS & BUTT** is a muscle conditioning workout which concentrates on the stomach, thighs and buttocks.

 **THE TRIP** is 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 and sound system, this IMMERSIVE FITNESS™ workout takes motivation and energy output to the next level, burning serious calories.