Fitness Class Descriptions

Aerobics

Bootcamp	Includes many different exercises that improve your strength and endurance. Run by personal trainers.
Boxing	Includes functional fitness training to gain improvements in muscular and cardiovascular endurance while maintaining a high level of aerobic and anaerobic conditioning. Fun and enjoyment using pads and gloves.
Cardio Blitz	A fun energetic workout for all fitness levels with a mix of easy to follow cardio intervals, functional movements and motivating music to get your heart rate up and leave you feeling strong and energised.
Cardio Sculpt	A low impact mix of cardio and functional strength exercises to challenge your entire body. It's fun, effective and challenging.
Circuit	A full-body workout combining cardio and strength training to get your heart pumping and muscles working. Using weights, medicine balls, ropes and more, this circuit is designed to build fitness, strength and endurance while keeping you moving.
Club Power	A strength workout for your entire body using bars and weight plates.
Club Fiesta	A dance fitness program incorporating exotic rhythms and high and low impact movements to create a fun and engaging workout.
Core Flow	A class that promotes core and all over body strength, flexibility, postural alignment, balance and stability movements that support healthy back and joints.
Energize	A full body fat burning class, Energize will kick start your metabolism into overdrive. High to low intensity options.
Fitball Sculpt	A total body and cardiovascular workout using fit balls, hand weights and bands. Burn calories, sculpt and tone every muscle whilst providing core stability.
Flow Yoga	In Flow Yoga we sync the movements of our body with the flow of our breath. The classes are fluid and active, which allows us to open up within, build strength and flexibility with awakening energy. We then completely wind down to release, soften and restore peaceful balance within.
Freestyle Step	These classes involve exercising on, over and around a height adjustable step to fun sing-along tunes.
Functional Core	Participants work to a music-driven class that builds strength, stability, core power and endurance from your shoulders to your hips.
Functional Power	Participants stay assigned to stationary stations to perform specific exercises to music, before rotating together on a timed cue from an instructor.
Functional Strength	Participants work their muscles against an external force, such as dumbbells, plates, barbells, resistance bands or body weight, guided by an instructor and set to music.
Gentle Flow	Foundational yoga catering to all ability levels. Combining breath awareness with grounding stability and mindful focus. Improve flexibility, strength and balance through self-mastery of foundational poses.
Healthy Heart	Healthy Heart is a low to moderate fitness program incorporating components of aerobic activity, weight bearing exercise, balance and stretching. It's specifically designed to be safe for people who may have risk factors or health conditions. The program is suitable for those who are new to exercise.
Les Mills Body Attack	This high energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals. No matter what your fitness level, you'll get fit, stay fit and get fitter.
Les Mills Body Balance	Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony and balance.
Les Mills Body Combat	This energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Strike, punch, kick and kata your way through calories.

Les Mills Body Pump	This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls.
Les Mills Body Step	A mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combined with burpees, push ups, weight plate exercises and more, and the result is a fun, uplifting, full-body workout.
Les Mills CORE	Tone and conditions your abs, glutes and back, and improve posture and movement control. Utilising weight plates and body weight exercises like crunches, planks and hovers.
Pilates	The Pilates Method is a unique training system using concentration and slow controlled, precise movements to achieve inner strength, physical endurance, muscular tone, flexibility and well-being.
Pilates (Intermediate)	Our intermediate Pilates classes are for the more experienced Pilates participants looking for a further challenge.
Power	Power is a full body workout using weights to challenge your whole body, inspiring you to get results fast.
Strength for Life	Strength for Life is an evidenced based progressive resistance exercise program that is tailored for each individual. The program accommodates specific injuries or pathologies that participants present with and enables them to participate according to their own ability. Group stretching and balance work are done together at the start and end of each class. Very welcoming and extremely social.
Strong Heart	A functional fitness class to maintain your independence in daily life. Work on strength, balance and mobility with real movements such as getting up from a chair, climbing stairs or squatting. Exercises are adapted to each level with support if needed. No prior experience necessary.
Yin Yoga	A restorative practice - perfect wind down for a busy day, sore body and busy mind. Slowing the system down with slower, longer holds, deeper relaxation, calm nervous system. A deeply peaceful, healing practice, held in a beautiful ambient setting to compliment.
Yoga	Yoga combines breath awareness with mindful focus and simple yoga poses, allowing the growth of functional strength, flexibility and mindfulness.
Yoga Flow with props	A slow focused Yoga flow complimented with blocks, straps and bolsters. Builds strength and mobility and foundational support weaved throughout the practice.
Zumba	Combining Latin and international music with dance moves. Zumba routines incorporate interval training - alternating fast and slow rhythms - and resistance training.
Zumba Gold	For active older adults or beginners who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. The class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.

Water Aerobics

Aqua	This level is in between Aqua Movers and Aqua Fit. A great all over water workout.
Aqua Fit	Aqua Fit is our most intense aqua class. It incorporates toning and strengthening exercises for all muscle groups, including core stabilisation.
Aqua Movers	This 'fun' class is designed for older adults and anyone wanting to take it a little easier than the standard Aqua class. Fantastic class for pre and post-natal ladies. Low impact, tones all muscle groups.
Deep Water Aqua	Our Deep Water Aqua classes use a buoyancy belt for full-body toning with constant water resistance. Held in the outdoor pool, classes move indoors and run as Aqua Fit if the weather is unsuitable.
Hydro Movers	Running in the warmth of the hydrotherapy pool. Hydro movers will assist you with mobility and will improve agility and co-ordination. Sociable, relaxed and lots of fun. Join us for a cuppa after class.

Cycle

RPM	Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, speed work and interval training. Discover your athlete within. Sweat and burn to reach your endorphin high.
RPM Enduro	A 60 minute RPM class for participants wanting an extra push in their cycle training.
Spin	Low Impact, low intensity spin class to challenge your cardio fitness in a fun filled environment.
Sprint	A 30 minute high intensity low impact workout that is scientifically proven to return rapid results. It's a short intense style of training where the thrill and motivation comes from pushing your physical and mental limits.