

Boxercise – A high intensity class, based on boxing movements.

Body Conditioning – A low impact class for an all over workout.

Calenetics & Stretch – A class based on stretching and toning all over body.

Circuit – A form of body conditioning, that involves endurance training, resistance training and high intensity aerobics. Like high intensity interval training.

Dance Fit – Dance Fit is a type of group exercise class that incorporates some or many forms of dance. It's an aerobic workout, divided into different tracks. The overall intensity of the class varies depending on the style you're doing.

Dance Yoga – A style of yoga that combines fluid movement with music into a yoga practice, it's a unique dynamic class, finishing with a chakra aligning meditation.

Hatha Yoga – A branch of yoga which uses physical techniques to try to preserve and channel the vital force of energy.

Les Mills Body Balance – Body Balance aims to strengthen the core, promote flexibility and focus the mind.

Les Mills Body Combat – A high energy martial arts workout, that is totally non – contact.

Les Mills Body Pump – A Barbell workout for anyone looking to get lean, toned and fit.

Legs, Bums & Tums – Shape up and burn fat as you lunge, step and squat your way to fitness.

Line Dancing – Line dancing is a choreographed dance in which a group of people dance along to a repeating sequence of steps in lines, to a fun style of country music.

Mixed Yoga – A Hatha & Vinyasa Yoga style class, with a focus on stretching and mobility. Each week has a different theme and variations are provided to suit the different levels within the class.

Pilates/Beginners – Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength.

Salsa Fit/Beginners – This high-intensity dance workshop is infused with authentic salsa footwork, techniques, spins, moves and the ultimate in Cuban and Afro-Latin Salsa music, specifically designed to enhance your workout and dance experience.

Spinning – An exercise class which focuses on endurance, strength, intervals and high intensity training while on a stationary bike.

Zumba – A full body workout based on dances such as, salsa, flamenco and hip hop.

Zumba Gold – Is the mature sister of the fitness class Zumba, just made easier with simple to follow low impact steps.

HIIT – High intensity Interval Training (HIIT) is a type of workout that involves short bursts of intense exercise followed by periods of rest.

Ab Attack/Core Crunch – building your core, while improving posture through a variety of exercises that strengthens the abdomen and back muscles.

Circl Mobility – Unlocking the body's potential through mobility, flexibility and breath work.

Prehab Pilates – Promoting flexibility and strength in core areas, preventing injuries before they even happen.