

Class Descriptions

Band Blitz ℒA aerobic & ♀oor exercise class getting muscles ☀red up using loop resistance bands.

Body Conditioning ℒA low impact class for an all over workout.

Body Weight Blitz ℒA calisthenics based class using body weight exercises performed with a varying degrees of intensity and rhythm.

Boxercise ℒA high intensity class, based on boxing movements.

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

Chair Fit ℒA functional class that is done using a chair to either sit or use to balance. Challenging workout for everyone that will increase your heart rate, burn calories and build strength.

Circl Mobility ℒUnlocking the body's potential through mobility, ♀exibility and breath work.

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

Core Crunch ℒBuilding your core, while improving posture through a variety of exercises that strengthens the abdomen and back muscles.

Dance Fit ℒA class that incorporates many forms of dance. It's an aerobic workout, divided into di erent tracks. The overall intensity of the class varies depending on the style you're doing.

Dance Yoga ℒA style of yoga that combines ♀uid movement with music into a yoga practice, it's a unique dynamic class, ☀nishing with a chakra aligning meditation.

Fitness Yoga ℒA mellow paced body conditioning technique that combines breathing, stretching and strengthening to achieve and maintain optimal posture.

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

HIIT ℒHigh intensity Interval Training ℒis a type of workout that involves short bursts of intense exercise followed by periods of rest.

Les Mills Body Balance ℒ Strengthening the core, promote ♀exibility and focus the mind.

Les Mills Body Combat ℒA high energy martial arts workout, that is totally non ℒcontact.

Les Mills Body Pump ℒA Barbell workout for anyone looking to get lean, toned and ☀t.

Legs, Bums & Tums ℒShape up and burn fat as you lunge, step and squat your way to ☀tness.

Line Dancing ℒLine 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 ℒA Hatha & Vinyasa Yoga style class, with a focus on stretching and mobility. Each week has a di erent theme and variations are provided to suit the di erent levels within the class.

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

Prehab Pilates ℒPromoting ♀exibility and strength in core areas, preventing injuries before they even happen.

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

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

Zumba Gold ℒIs the mature sister of the ☀tness class Zumba, just made easier with simple to follow low impact steps.

Zumba ℒA full body workout based on dances such as, salsa, ♀amenco and hip hop.