



Group Fitness Class Descriptions

Boxercise

Designed to boost your metabolism, fire up your heart rate and get you buzzing! Boxing combines strength & conditioning with boxing skills and drills that will not only develop sharper reflexes and help you lose those extra kilos, but will also improve cardiovascular fitness and stamina all the while being challenged and making you feel great! **(45mins)**

Boot Camp

This program is designed to build strength and fitness through a variety of intense group interval training. Whilst working on your own, in pairs or groups everyone works at their own pace. Pushups, Burpees, Squats, Running just to name a few, we know you'll just love it. **(30mins)**

Les Mills BODYPUMP®

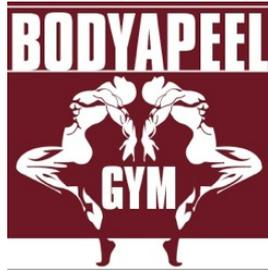
This class is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. **(60mins)**

Les Mills GRIT™ Strength

30 minute high intensity interval training workout that takes you overdrive to go hard, push harder and get you fitter, super fast. The short sharp demanding exercises combine weightlifting, running and plyometrics for a full body workout that increases aerobic capacity, strength, muscular endurance, metabolism and power. **(30mins)**

Les Mills Bodyattack

Bodyattack is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to 730 calories and leaving you with a sense of achievement.



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Regenerate

Regenerate is designed to stretch and lengthen the muscles, it builds a strong foundation of core stability and strength while increasing flexibility, suppleness and developing balance and coordination. It will help with relaxation, focus, better posture, improved alignment and decreased pain, resulting in reduced stress. Regenerate trains the body as an integrated whole creating optimal muscle balance in strength and flexibility. **(30mins)**

Shut Up & Spin

An intense exercise program suitable for all fitness levels, perfect for weight loss, improved body tone and endurance. Each class covers hill climbing, racing, sprinting, intervals and spinning. Spin involves high-intensity aerobic and resistance training techniques aimed at burning calories, blasting fat and improving muscle tone. **(30mins)**

Yoga

If you love working out and improving your body then you are also going to love Yoga. When your muscles grow they can become tight, restricting your capabilities, by adding Yoga into your existing work out you can loosen and stretch those muscles which in turn will allow you to move harder and deeper into your work out routine. This class is open to all capabilities, you will be concentrating on learning how to release the built up tension in your muscles, gaining flexibility and learning to isolate muscle groups, you will be able to take what you learn in this class and add it to your everyday routine if you want to see the best results. **(60mins)**

Rise UP

This class is a complete body workout, from your head right down to your toes. Aside from being seriously challenging physically, the levels of concentration and coordination needed give your brain some good exercise, too. With RISE, think intensity, originality, bags of energy, and more fun than you can shake your booty at. We work with adjustable heights, shaping and toning legs, bums and burning some serious calories. **(30mins)**



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Metafit

Metafit is High intensity interval training bodyweight training workout that uses your own body weight to get results. It's a functional, effective and metabolic workout that will change the way you train. It is aimed to get your heart rate pumping and keep it going the whole class! You will burn fat for up to 24-36 hours after just one 30 min workout! **(30mins)**

Booty Blast

This class is dedicated to burning the bottom half; a comprehensive lower body workout that will firm, tone and tighten from your abs to your hips all the way down to your heels. And you'll have a blast doing it! **(30mins)**

AB Blast

This is an abdominal workout with a focus on core strength and stability to improve your posture, training technique, and your body shape! The workout will take you through a series of exercises focusing on all areas of your abdominals. You'll feel muscles you've never felt before! **(30mins)**

Zumba

Zumba fuses fabulous Latin rhythms with easy to follow moves for a full-body work out that will burn calories, blast fat and have you getting fit without even realizing it! You don't need to know how to dance and you can work at your own level **(60mins)**