

# Fitness Class Descriptions

## Aqua Tone

Take the plunge and use water resistance for a complete body workout. Two levels to suit all abilities.

## Ashtanga Yoga

This set sequence of asanas help increase flexibility & strength with equal attention to breathing & gaze point. By aligning movement with specific breath, it can aid in cleansing the body & steadying the mind.

## Barre

A 40 minute ballet inspired workout combining elements of cardio and strength training with high repetitions of small range movements and very light weights.

## Belly Dancing

A unique form of exercise with graceful, feminine and creative movements that can improve balance, posture and transform your body's inner and outer strength.

## Body Balance & Body Balance Express

Combines the fundamental principles of Yoga, Tai Chi and Pilates; controlled breathing, flexibility and strength training will leave you feeling relaxed and re-energised.

## Body Combat

All empowering non-contact workout inspired by a wide array of martial arts. Energetic music will drive you through as you punch, strike and kick your way to superior cardio fitness!

## Body Pump & Body Pump Express

*\*A 10 minute induction with a gym instructor is advisable before you attend Body Pump.*

A barbell workout designed to exhaust muscles in the high repetition and low resistance training zone to get lean and build endurance fast.

## Bodyweight Blitz

A full body workout using very little or no equipment on a mat with a cardio blast in between.

## Fitness Yoga

This class incorporates deep stretch, yoga postures and Pilates exercises. Every element is validated from a fitness perspective.

## GRIT

A 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, build lean muscle and maximize calorie burn.

## Hatha Yoga

Combines controlled breathing with bodily postures to challenge and refine your flexibility, strength and balance, aiding to bring about a sound, healthy body and a clear, peaceful mind.

## HI 30

Short, sharp and effective 30 minute workout based on the principle "Train until you can't – Rest until you can." Utilizing both bodyweight and free weights to fire up the athlete in you!

## Midline Xpress

Incorporates functional movement, focusing on strengthening the glutes, abdominals, back, chest and shoulders.

## Pilates

Uses slow and controlled movements to strengthen deep core muscles which support and stabilise the spine, improve posture and realign the body.

## Pure Stretch

Lengthen and revitalise your muscles with a gentle and effective sequence of static and moving stretches for the whole body.

## Spinning

An effective and intensive workout performed on stationary bikes. The class incorporates different levels of intensity using a mixture of speed and hill cycling. If you want a cardiovascular, non-impact workout that requires no co-ordination and burns calories fast, then Spinning is the perfect class for you!

## Spin-Coach by Colour

*\*Fitness test highly recommended for this class, please contact gym staff*

Work at your fitness level with 5 colours on the bikes to measure intensity.

## Step & Tone

A high energy aerobic workout using a raised platform to maximise toning of the lower body.

## Total Body

Using bodyweight exercises, resistance bands and weights to add variety when working the various body parts.

## Yoga Flow

This class uses flowing movements to prepare joints and body for traditional Yoga postures. It includes standing, balancing and seated postures as well as yogic breathing techniques (pranayama) and a ten minute deep relaxation at the end (yoga nidra).

## Meditation & Mindfulness

Learn the ancient ZEN practice and teachings of concentrating the mind and its positive effects on physical and mental health. Experience how these simple meditation techniques can improve your daily life experiences and enhance your overall wellbeing.

## Walking Club

An outdoor walking class to refresh your body, improve cardiovascular fitness and tone up your muscles.

## Zen Yoga

Uses mindfulness and meditation to lead physical movement and realign with the environment. Guided by breath, zen yoga reflects the 5 element system and works with energy and meridians of the body, helping us to become more present and focused in our every day.

## Zumba

This fun and exciting fusion of Latin and International music features easy to follow body sculpting movements of varying rhythms to tone and burn calories. Feel good and get fit!

