

Studio Class Descriptions

Aqua Tone

Take the plunge and use water resistance for a complete body workout.

Barre

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

Body Balance

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

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

A barbell workout designed to exhaust muscles in the high repetition and low resistance training zone to get lean and build endurance fast. *A short induction with a gym instructor is advisable before you try Body Pump.*

Booty Bootcamp

A glute specific workout to shape and strengthen the glutes along with upper legs and core.

GRIT

A short high-intensity interval training (HIIT) workout designed to build strength, lean muscle, and maximise calorie burn.

Hi-30

Short, intense, workout based on the principle "train until you can't; rest until you can". Utilising bodyweight and free weights to fire up the athlete in you!

Midline Express

Incorporates functional movement, focussing on 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

Workout on stationary bikes, offering different levels of intensity depending on speed and hill cycling. An ideal cardio workout that burns calories but doesn't require co-ordination!

Total Body

Using bodyweight, resistance bands and weights to build a stronger, leaner body, while burning calories and improving cardiovascular fitness

Vinyasa Yoga

Incorporating deep stretches, yoga postures, and Pilates exercises.

Each elements is validated from a fitness view.

Walking Club

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

Yoga

Classic yoga postures, including standing, balancing and seated movements to look after your whole body and self. Improve breathing techniques and relax deeply too.

Yogalates

This class is a fusion of yoga and pilates with a strong emphasis on functional core strength, better joint mobility and muscle flexibility with a restorative, calming relaxation element.

Zen Yoga

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

Zumba

Dance your way to better fitness in this fun, exciting class where you'll move your body to Latin-inspired moves. Tone up, burn calories, and feel good.

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