

Group Fitness Class Descriptions



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AGESTRONG (previously STAY ON YOUR FEET) ● Ideal for older adults with current health problems under control. Designed to increase cardiovascular fitness, strength, flexibility and balance. There are 3 class varieties; entry (for new participants), chair-based and maintenance (for regulars). This class is part of our All Access program.

AQUA ● In an Aqua Aerobics class, the water provides a great cardio workout with cushioning, resistance and support. Joints are safely supported with each exercise that works the whole body. Improving your cardio, strength, endurance, posture and flexibility all at the same time.

AQUA DEEP ● Aqua Deep classes use flotation weight belts for conditioning and toning exercises to help focus on core strength. With a variety of intensity options, these classes are perfect for a range of ages and fitness levels. From the first-time aqua members to experienced participants.

AQUAEZE ● Aquaeze is a modified class to suit the needs of those who are unable to participate in mainstream aqua aerobics in a fun and friendly atmosphere. This class is part of our All Access program.

AQUA ZUMBA® ● Aqua Zumba® combines Latin and international music with dance moves in the water. There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

BODY BALANCE ● BODYBALANCE™ is the yoga-based class that will improve your mind, body and your life. An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises while you strengthen your entire body.

BODY PUMP ● BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit, fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven techniques. Pumping out encouragement, motivation and great music whilst burning up to 540 calories.

BURN IT ● An energetic & upbeat class that is sure to get your body moving & your blood flowing. It is a great workout for all different levels of fitness. This class combines cardiovascular training & toning exercises, for a superior total body workout.

CARDIO STRENGTH ● Cardio Strength gives you a class where no two are the same! This class mixes strength exercises with a cardio workout that will have you progression through your fitness journey. It is the ultimate class for those looking to get leaner and stronger.

CONNECT30 ● Connect30 is our own designed series of 30 minute workouts, that are offered in 6 styles: Aerobic, Functional, Resistance, Power & Speed. Connect30 combines elements of high intensity interval training (HIIT), Circuit training, functional training. These classes are for everyone, and will build muscle, burn fat and boost metabolism

CONNECT30 TEEN ● CONNECT30 TEEN is a class designed for the younger demographic aged 12-16 years. In this class, you will learn the correct technique and form. You will get a full body workout that will target each muscle group.

CORE & MORE ● Core & More is a total body freestyle class for all ages and abilities, with no 2 classes the same. Core and More focusses on hip and abdominal conditioning to tone areas you didn't know existed and reduce lower back and knee pain. Perfect for anyone looking to improve body composition and strength (may involve floor work).

HIIT BOXING ● HIIT Boxing is a high-intensity interval boxing class to help increase your fitness levels through short intense bursts of activities and routines. This class will boost your metabolism, improve your cardiovascular fitness and have you burning fat long after you've left. This class is designed for all ages, levels of fitness & boxing abilities.

HIIT CYCLE ● HIIT Cycle is an interval style class utilising stationary bikes plus free weights and body weight for an overall cardio effect. This class is perfect for those who enjoy the heart pumping effects of cycling with added extras.

HIIT STRENGTH ● HIIT Strength is an interval style class using weights that develops your body's functional strength. Expect your heart rate to go up as you challenge your body's capabilities, with less of an aerobic focus.

LES MILLS PILATES ● Les Mills Pilates™ mixes traditional Pilates principles with science-backed movements, unique music and breathwork. A mind- body workout to improve strength, mobility and posture with simple Pilates moves to condition core, glutes, hips and back. This class is done on the floor.

MOMENTUM ● Momentum is your next step above Prime Movers. This low impact class is designed to increase cardiovascular fitness, strength, balance and coordination. Perfect for ages 50+ and all levels of fitness.

PILATES ● Pilates will challenge your strength, flexibility and coordination with traditional and modern Pilates. Performed on the floor you'll feel strong, streamlined and invigorated after this thorough workout. Pilates has the power to transform your physical, emotional and spiritual state.

PRIME BAR ● Prime Bar is a resistance workout aimed at strengthening the muscles and cardiovascular system, while increasing bone density. This adapted 'pump' style class is perfect for ages 50+ and caters to all ability levels.

PRIME CIRCUIT ● A station-based resistance class where participants will develop strength in all areas of the body while building cardiovascular fitness. Participants will be at each station for no more than 2 minutes completing a variety of moves ranging from total body to arms to abdominals. Some floor work may be required, as well as lifting weights and stretching. Perfect for ages 50+.

PRIME FUSION ● Prime Fusion is a class for over 50's providing you with an effective and enjoyable workout. The class will assist you with mobility, flexibility, cardiovascular endurance and assist in improving muscle tone. The perfect addition to a healthy lifestyle all while enjoying the social aspects of group exercise.

PRIME MOVERS ● This low impact class is designed to increase cardiovascular fitness, balance and coordination. Perfect for ages 50+. This class is part of our All Access program.

QIGONG ● Qigong (pr. Chi Kung) is a powerful system of healing & energy, an integration of physical postures, breathing techniques & focus. The slow, gentle movements can easily be adapted, for people all of all abilities and ages.

REFORMER PILATES (CLASSIC SKILLS) ● Reformer Classic Skills is our skills-based class is for new members and those beginning their Reformer journey. Rather than a structured workout session, this class is formatted to ensure you learn the basic techniques required to exercise in a safe and effective way on the Reformer Bed, and to prepare you for more challenging classes.

REFORMER PILATES (CLASSIC) ● Reformer Classic class focuses on the traditional teachings of Joseph Pilates. You will learn to connect the body and mind

while strengthening the core and hip muscles. Through regular practice you will experience improved breathing, posture and overall well-being. Class format is similar to that of Mat Pilates and applies many of the same skills.

REFORMER PILATES (HYBRID) ● Reformer Hybrid brings you the BURN! It combines traditional Joseph Pilates exercises with modern fitness moves to give you a dynamic total body workout. Expect a slightly faster pace than Classic class, with a focus on core strength and endurance.

REFORMER PILATES (MOMENTUM) ● Reformer Momentum is a Reformer Pilates specifically for older adults. This class provides modifications to make Reformer Pilates more accessible for those with mobility challenges, joint restrictions, and general body stiffness.

REFORMER PILATES (PERFORM) ● Reformer Perform is our high intensity fitness class designed to take your core strength and endurance to the next level. We recommend taking several Classic classes before you try Perform if you are new to Pilates.

RPM ● RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories in a session. Your instructor takes you on a journey of hill climbs, sprints and flat riding. Spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your performance and boost your cardio fitness.

RUN CLUB ● Run Club is a 30-minute outdoor based running class, focusing on improving cardiovascular fitness and increasing muscular endurance. Alternating between continuous running and interval sessions, this class is suitable for all fitness levels. Whether you're a seasoned runner looking for a supportive crew to train with, a beginner looking to kick off their running journey or you're simply looking for an outdoor cardio session, Run Club has you covered. Consistency is the key to progress.

SHAPES ● Les Mills Shapes™ is a strength-focused workout that uses slow, controlled movements and repetition to sculpt and strengthen all major muscle groups and improve posture and flexibility. There are low and high demand versions of every move and the class is mostly done on the floor.

SPIN ● Spin is an indoor cycling class that has great fat burning effects. It will improve your cardio fitness and endurance while you spin to great music! Helping push you through any of your barriers and achieve the fitness results you want.

STRETCH & STRENGTH ● An active recovery class that will guide you through a series of specific stretches that target major muscle groups, using TheraBands and rollers. This class will help you with tightness and imbalances in your body and improve your recovery.

STRONG NATION ● Strong by ZUMBA® focusses on strength, Strong is a resistance-based workout that uses predominately bodyweight exercises in order to develop total body strength, power and overall fitness. Perfect for building a strong body and mind. This class will pump your heart rate up and get the sweat flowing.

TUMMY, HIPS & THIGHS (THT) ● Tummy, Hips and Thighs is a free-style resistance class focusing on the abdominal (core), hip and leg muscles to improve balance, strength and appearance. Expect a range of movements such as squats, single leg balancing and lunges using dumbbells, steps, bands and body-weight. This class is moderate-level intensity suitable for beginners, and can be used to improve running/walking performance and functional strength for activities of daily living.

TAI CHI ● Tai Chi is a Chinese martial art that is primarily practised for its health benefits, promoting the integration of the mind and body. It helps lower stress and anxiety levels and increases energy. A series of slow, controlled movements and postures help build muscle strength, coordination, balance and flexibility.

STONE ● The optimal mix of strength, cardio and core training. Step into a LES MILLS STONE™ class and you'll tick off a complete workout in 45 minutes. The challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level. A great foundational class, this class has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful.

YOGA ● A flowing and meditative class, YOGA is for healing and restoring balance within the mind, body and spirit. Poses are structured around alignment principles to ensure safe and optimal expression in each post. You will work on improving your muscle tone, strength, stamina and overall flexibility.

YOGA (GENTLE FLOW) ● Gentle Flow has an increased focus on mindful movement, breaking down the poses and sun salutations. You'll be guided to calm the mind and incorporate breath with movement while strengthening, stretching and nourishing your body. Suitable for beginners and those returning to yoga after time off the mat, who are seeking a regular class that is gentle with less heat, and a perfect start point to explore the practise.

YOGA (HATHA) ● Hatha is a gradual paced style of practise which offers lengthened holds through asana, a combination of floor and standing. This class focusses on pose instruction and is a great class for anyone who is a beginner to yoga. Hatha is a more gentle style of yoga and a great class for all levels of fitness and ability.

ZUMBA® ● Zumba® is a fitness program that combines Latin and international music with dance moves. Zumba® routines incorporate interval training alternating

fast and slow rhythms and resistance training. Zumba® involves dance and aerobic movements performed to energetic and motivating music.