

Class Descriptions

BODYPUMP – By Les Mills The original barbell workout! The combination of science backed movements, adjustable resistance load, and great music help you achieve much more than you would on your own. A total body workout that will burn calories, shape and tone your entire body, increase core strength and improve bone health.	BODYCOMBAT – By Les Mills Punch and kick your way to fitness, this martial-arts inspired workout is totally non-contact and there are no complex moves to master. De-stress, have fun and leave the workout feeling empowered.
BODYBALANCE – By Les Mills Bodybalance incorporates a mixture of Tai Chi, Yoga and Pilates to create this new generation yoga class. strengthen and lengthen your muscles and calm your mind and spirit.	CORE – By Les Mills Les Mills Core is a scientific workout that uses athletic training principles to build strength, stability and endurance in the muscles that support your core.
SH'BAM – By Les Mills A fun-loving insanely addictive dance workout with no dance experience necessary. All you need is a playful attitude and a smile to dance your way to fitness.	RPM – By Les Mills An indoor cycling class where you control the intensity. This class is fun, low impact and energizing. Let your instructor guide you through a journey of hill climbs and sprints.
BODYATTACK – By Les Mills A sports inspired high energy cardio class with moves that cater for beginners through to elite athletes. Burn calories, tone and shape your entire body, and develop your stamina to be in the best shape of your life.	CIRCUIT A form of body conditioning that involves cardio and resistance training performed in a circuit alternating periods of work and rest.
CARDIO 'N' CORE Lets mix things up. This class will get your heart rate flying with cardio to begin with. Then settle in and brace yourself for the intense burn in your midsection.	FIGHT – DO Punch and kick your way to fitness, this martial-arts inspired workout is completely non-contact. It is a fun way to improve fitness and build and shape the muscles of your arms and back. De-stress and leave feeling empowered.
REPS 'N' STRENGTH Strength is key with this class. The focus of this class is to challenge yourself doing the major compound movements (Eg- squat, bench, cleans) by lifting heavier and improve your strength and stamina.	TOTAL SCULPT This awesome class is divided up into half cardio and half toning and will totally sculpt your body from head to toe. Designed with a strong emphasis on troublesome areas, as well as improving overall fitness.
STEP A fun and energising class to burn calories and tone and shape your butt and thighs. Using height adjustable steps and simple cardio moves, this class is suitable to all levels of fitness.	YOGA-FIT An invigorating class combining Yoga and Pilates to increase your core strength, lengthen your muscles, improve balance and co-ordination and relax your mind.
X-TRAINER This class will keep you on your toes with a mixture of training methods. You can expect something different each week mixing up cardio, resistance and functional training.	AQUA AEROBICS Exercise in the water is an ideal way to protect limbs & joints whilst using the water for support, resistance & privacy. Do not underestimate the powerful benefits of H2O.
CARDIO BOX Combining boxing skills and cardio drills in a fun and safe workout, this class is a great way to relieve stress and build up a sweat at the same time. Gloves are supplied or bring your own.	RECHARGE For the 'young at heart', a low impact low intensity class with gentle exercises to improve strength, balance and mood. This class will give you the energy to keep moving for life.