



## Group Fitness class descriptions

**BODY PUMP** Body Pump is a barbell workout for anyone looking to get lean, toned and fit – fast! Using light to moderate weights with lots of repetition Body Pump gives you a total body workout. Great music and motivation from the instruction will help you achieve much more than you could on your own.

**BODY COMBAT:** Punch and kick your way into fitness! This high energy martial arts inspired workout is totally non contact and there are no complex moves to master. Release stress, burn calories, have a blast and feel like a champ.

**YOUNG AT HEART-** a low to moderate intensity exercise program suitable for anyone who has not been physically active in a while. You can start gently in a friendly atmosphere and exercise at your own pace. Young at Heart is open to everyone and is designed to be safe for people with cardiac or diabetic conditions.

**FIT AND FABULOUS –** A moderate intensity class for those who are looking for a progression from “Young at Heart”. If you are a regular Young at Heart participant looking for a more challenging work out, this class is for you!

**PILATES** - Pilates focuses on core stability, strength and flexibility. Classes consist of breathing techniques, alignment, centering, control, isolation, precision, flowing movement patterns and routine. Pilates is suitable for everyone; it will help increase your vitality, improve your posture, strengthen and tone your body.

**CIRCUIT –** This class involves moving through a variety of stations for upper and lower body. Great for beginners to advanced participants (work at your own level of fitness)

**MIND AND BODY –** A class focusing on stretching, balance and flexibility. Activate your core muscles through a range of floor movements and the use of equipment including the Swiss ball. This class will challenge the body and relax the mind.

**GYM CIRCUIT –** Gym circuit is a 45 min highly intense workout that is instructed by fitness professional. It's a great upper and lower body workout that will test your fitness.

**CIRCUIT EXPRESS** - Gym circuit is a 30 min session ideal for those looking for a high intensity workout before starting the working day or during their lunch break.

**HIITSTEP-** Do you wish to be pushed to your limits? This short *High Intensity Interval Training* session will do just that! Be prepared to be challenged by a combination of strength and cardio exercises all using the step box.

**POWER BAR –** The ultimate workout! Power bar burns body fat, builds strength focusing on all muscle groups and works on your cardiovascular building your fitness level. It's great for all levels of fitness.

**AQUA CLASSES** - This class includes cardio and muscle conditioning using water equipment such as noodles and aqua dumbbells. (Please note, **Aqua Combo** is a combination of Shallow and Deep Aqua)

**AQUA ZUMBA-** This fun class blends the **Zumba** philosophy with water resistance, for one pool party you shouldn't miss!

**YOGA –** This class consists of gentle stretching, correct breathing techniques, yoga postures and relaxation. Improve your body and mind awareness, increase your flexibility and assist with stress management. It caters for everyone.

**TABATA –** Working at your own pace, this class is a high intensity type of interval workout.

Creche Opening Hours		
<b>Mornings</b>	8.45am – 12pm	Monday, Wednesday, Thursday, Friday
<b>Evenings</b>	5pm – 8.15pm	Monday, Tuesday, Wednesday
<b>Saturday</b>	8am – 10.30am	

**ALL PARTICIPANTS MUST COLLECT A CLASS TICKET FROM RECEPTION**