

CLASS	DESCRIPTION	DURATION	EQUIPMENT	RESULT	EXERCISE TYPE
ACTIVE CIRCUIT (Over 55s)	A chair based, low impact circuit designed for the mature adult. This class is perfect for those who do not want to do any exercises on the floor, recovering from injuries or are new to the gym.	60 minutes	Nil	Introduction to movement transitioning into an active lifestyle. Can be utilised as rehabilitation to injury	Chair based, low impact strength and mobility exercises
AQUA FIT	A full body workout performed in water. Incorporates a variety of movements involving the use of upper body and lower body. Ideal for injury recovery.	60 minutes	Noodles and hand weights	Improves muscular strength and endurance, balance and cardiovascular conditioning	Low impact cardio and strength conditioning in water
 aqua ZUMBA	A mix of low-intensity and high-intensity moves for an interval-style, calorie-burning dance party in the water.	50 minutes	Nil	Cardiovascular and muscle conditioning, flexibility and improved balance	Dance inspired cardio in water
BOXING	Structured fitness class incorporating boxing, cardio and functional fitness training	60 minutes	Boxing gloves and pads	Weight loss, muscle toning and cardio fitness	Boxing inspired training
CHAIR YOGA	Gentle form of Yoga that is practiced sitting on a chair, or standing using a chair for support. Strain on joints and muscles is reduced, which allows someone who is unable to struggle with traditional Yoga, an opportunity to practice.	60 minutes	Chair	Increased balance and posture, co-ordination and flexibility	Yoga
FIT FOR LIFE (over 55s)	Exclusive class run for our over 55 members. Our older adult specialised trainers will guide you through low impact resistance movements as well as balance, flexibility and functional movements to assist with everyday living in a circuit format.	60 minutes	Bars and weights	Increased balance, co-ordination, strength and wellness for increased quality of life	Low impact cardio and strength exercises
BODYATTACK	Sports-inspired cardio workout that's all about improving your speed, fitness, strength and agility. This interval training class combines athletic aerobic movements with strength and stabilisation exercises.	30 & 60 minutes	Nil	Increased cardiovascular fitness, strength and agility	Sports-inspired cardio
BODYBALANCE	This Yoga/Tai Chi/Pilates workout builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a series of stretches, moves and poses to music create a holistic workout that brings the body into a state of balance.	60 minutes	Yoga mat	Increased strength, balance and flexibility	Inspired by Yoga, Tai Chi and Pilates
BODYJAM	The ultimate combination of music and dance. While we are pretty sure you will be too busy dancing your butt off, it's good to know you will be getting a killer workout and burning calories while you're at it.	45 & 60 minutes	Nil	Weight loss and cardiovascular fitness	Dance-inspired Cardio

BODYPUMP	Weight based workout to challenge your major muscle groups by using the best exercises like squats, presses, lifts and curls.	30, 45 & 60 minutes	Bar and weights	Weight loss, muscle toning and cardiovascular fitness	Weights-based resistance training
CXWORX	Consists of a variety of exercises that integrate muscles in and around your abs, back and butt, it tones your body and improves your core strength.	30 minutes	Resistance band and hand weights	Muscle toning, increased strength and injury prevention	Core strength training
GRIT™	Short bursts of high intensity training with periods of recovery Each class combines strength, plyometric or cardio circuit sequences to put the participant's fitness thoroughly to the test.	30 minutes	Bars and weights and/or step	Increased cardiovascular fitness, accelerate the burning of body fat and increased strength	High Intensity Interval Training
HIIT CAMP	A freestyle High Intensity workout incorporating athletic & sports inspired drills for speed, agility, fitness & strength. Sessions are held outdoors in Summer.	30 minutes	Agility ladder, medicine balls, battle ropes, kettle bells and weights.	Increased fitness, speed, agility, coordination, and strength & body composition	High Intensity Interval Training
RPM	Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, speed work and interval training.	45 minutes	Bike	Weight loss and increased cardiovascular fitness	Indoor cycling class
sprint	Short bursts of high intensity training with periods of recovery, using a bike.	30 minutes	Bike	Increased cardiovascular fitness and accelerate the burning of body fat	HIIT indoor cycling class
tone	A mix of functional and tubing exercises that will burn calories and help you build fitness and strength while improving energy levels, flexibility, balance, agility and core strength.	30 & 45 minutes	Resistance band and hand weights	Increased strength, agility, balance and flexibility	Cardio and strength conditioning
MOBILISE	A low-impact class combining traditional and modified strength and conditioning exercises to help improve functional movement and mobility through the whole body.	60 minutes	Nil	Increased balance, co-ordination and functional fitness	Strength conditioning
PILATES	A low impact class incorporating strength and flexibility exercises designed to improve core and back strength, assist with posture and improve balance.	60 minutes	Yoga mat	Increased strength, balance and flexibility	Pilates
YOGA	Aligns the body, improves posture and develops strength and core stability using body-weight resistance to increase flexibility and relieve stress.	60 minutes	Yoga mat	Increased strength, balance and flexibility	Yoga
 ZUMBA  ZUMBA gold	A mix of low-intensity and high-intensity moves for an interval-style, calorie-burning dance party.	60 minutes	Nil	Weight loss and cardiovascular fitness	Dance inspired cardio