Group Fitness Class Summary

CLASS	DESCRIPTION	DURATION	EQUIPMENT	RESULTS	EXERCISE
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.**	**45-50** minutes	Noodles and hand weights	Improves muscular strength and endurance, balance and cardiovascular conditioning	Low impact cardio and strength conditioning in water
BOXING	Structured fitness class incorporating boxing, cardio and functional fitness training	**45-60** 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 struggles 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.	**50** minutes	Bars, weights and bands	Increased balance, co-ordination, strength and wellness for increased quality of life	Low impact cardio and strength exercises
FIT FOR LIFE STRENGTH PROGRAM (Over 55s)	This registered 6 week program shows patrons how to use the pin loaded gym equipment correctly whist educating our Fit for Life members on how to use gym equipment to increase strength and stability. A program is designed and can be used in-between each session to increase progress and to give direction in the gym.	**60** minutes	Pin Loaded Gym Machines	Increased strength, muscle and knowledge on how to use the pin loaded gym equipment	Low impact seated strength exercises
FIT FOR LIFE GENTLE JOINTS (Over 55s)	A gentler version of the Gym Instructor fun Fit For Life class, with more focus on low impact exercises and functional movements for everyday activities and injury prevention. This class is designed for our 65+ community in mind.	**50** minutes	Chairs, bands, bars and weights	Increased strength, balance co-ordination and wellness for increased quality of life.	Type: Low impact cardio and strength exercises
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.	**45** 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

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LesMills 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.	**45-55** minutes	Nil	Increased cardiovascular fitness, strength and agility	Sports-inspired cardio
LesMills 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.	**45-55** minutes	Yoga mat	Increased strength, balance and flexibility	Inspired by Yoga, Tai Chi and Pilates
LesMills BODYCOMBAT	A high-energy martial arts-inspired workout which is totally non-contact and with no complex moves to master. A class that will work your legs, tones your arms, back and shoulders and provide phenomenal core training. You will develop coordination, agility and speed whilst improving cardiovascular fitness.	**45-55** minutes	None	Increased and cardiovascular fitness, coordination, speed and agility	Martial arts inspired cardio
LesMills 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	**45-55** minutes	Nil	Weight loss and cardiovascular fitness	Dance-inspired Cardio
LesMills BODYPUMP	Weight based workout to challenge your major muscle groups by using the best exercises like squats, presses, lifts and curls.	**45-55** minutes	Bar and weights	Weight loss, muscle toning and cardiovascular fitness	Weights-based resistance training
LesMills CORE	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
LesMills 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
LesMills 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
LesMills 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
ZUMBA fitness	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

Need help? Speak to our Gym team!