

Group Fitness Program Guide

Pick from one of our many classes...

C = CARDIO

M = MIND + BODY

S = STRENGTH

F = FLEXIBILITY + MOBILITY

AEROBICS: C S Old school aerobics! This aerobic workout puts fun and fitness in one place with enjoyable routines and great song choices!

ADVANCED REFORMER PILATES: M F S An advanced level full body workout using adjustable springs on the Reformer bed. Lengthen, strengthen, and tone whilst correcting alignment. *Additional charges apply for this specialty program.

ADULT ACTIVE: M S F C A low intensity, low impact workout. Designed for those people aged 50+ who would like to improve balance, stability and bone and muscle strength.

AQUA: C S A blend of low impact cardio and resistance training in the water.

AQUAHIIT: C S This is a high intensity class which will improve your fitness and strength. Using the water as resistance, you will go through various exercises, to take your fitness to the next level.

BODYBALANCE: M F Blends Yoga, Tai Chi and Pilates to build flexibility and strength and brings the body into a state of harmony and balance.

BODYCOMBAT: C This mixed martial arts inspired cardio workout will leave you feeling unleashed and empowered!

BODYPUMP: S Challenge all your major muscle groups and strengthen your entire body using low weights and high reps.

BODYSTEP: C An energizing step workout using a height-adjustable step. You will push your fat burning systems into high gear.

BOXING CIRCUIT: C S A 30-minute circuit incorporating the use of upright boxing bags and equipment. This class caters to all fitness levels.

BOX CORE CIRCUIT: C S A high intensity boxing circuit incorporating a range of strength, toning and stability movements. A class for all fitness levels.

CORE: M This class focuses on your core and lower body. You will strengthen your core, butt, and thighs – all in 30 minutes!

CYCLE: C Experience the thrill of outdoor cycling inside the club. You will go on a journey through different terrains to challenge your fitness.

DANCE: C Is an energetic and fun workout set to an amazing playlist. Dance will leave you feeling happy, inspired, and energized. This class is for everyone to enjoy!

DEEP AQUA: C S Our deep-water program using flotation weight belts whilst toning and conditioning the body.

FXFIT: C S Functional fitness using various class styles to increase all fitness levels. Get fitter faster in a fun, challenging team environment.

HIIT: C S High Intensity Interval Training combining cardio, strength, and plyometric training. The perfect class to push you to your limits and reach your optimum fitness level.

HIIT POWER: C S Equipment based circuit style class. A great platform to strengthen your entire body.

LES MILLS CORE: M This is the ultimate way to get a tight and toned core. Dynamic training that focuses on the abs, glutes, and obliques.

MATWORK PILATES: M F Develop core strength whilst correcting alignment and coordination. You will notice a difference with your posture and overall toning with every class.

MEDITATION/MINDFULNESS: M If you are anxious, stressed, overtired, overwhelmed, or tend to overthink, this class will help you relax your body, calm your mind, and improve your focus. We encourage you to bring a comfortable mat, blanket, and pillow.

PILATES REFORMER: M F A full body workout using adjustable springs on the Reformer bed. Lengthen, strengthen, and tone whilst correcting alignment. *Additional charges apply for this specialty program.

PILATES/YOGA: M Develop core strength and improve the flexibility of your joints and muscles. This class is for all levels.

SHALLOW AQUA: C S A blend of low impact cardio and resistance training in shallow water.

SPRINT: C A 30-minute HIIT style workout using an indoor cycle to achieve fast results. You will combine bursts of high intensity and periods of rest – driving your body to burn calories for hours.

STRETCH: M Improve flexibility and loosen tight muscles. This is a class for all levels.

TREAD30: C A 30-minute express class utilizing treadmills to work through a series of inclines, alternating speeds, and intervals. Burn up to 500+ calories in a class designed for walkers and runners of all fitness levels.

WOMEN-ONLY CYCLE: C Women Only class. Experience the thrill of outdoor cycling inside the club. You will go on a journey through different terrains to challenge your fitness.

YOGA: M Improve flexibility, balance, strength, and posture. This class is designed to enhance vitality and a sense of wellbeing.

ZUMBA: C Party yourself into shape! Lose yourself in the music and get fitter during this exhilarating dance-fitness party.