

Class Descriptions

POWER PLUS

Superb, non impact class designed to give your body the overall workout required to maintain peak muscular condition. Class is set with weights to music, includes a major focus on correct technique and safety using light weights and high repetitions.

CYCLEFIT

Exhilarating Cycle class which smashes calories in one swoop. You are the boss with guidance from our motivating instructors, control the intensity of your journey through resistance dial and pedal speed. Classes available 30min, 45min & 1hr.

NB: Please be sure to book your bike to avoid missing the ride of your life.

YOGA FUNCTIONAL STRETCHING

Join us to finish off the week with a mixture of Yoga and functional stretching. It's time to get into those hard to stretch places.

STEP 'N' BURN

Exactly as it is.... Step up & feel the burn. This total lower body workout, butt shaping, leg sculpting, cardiovascular conditioning by choosing the height of your step, add weights if you wish to increase the value of your workout..

800 PLUS

800 plus, get ready to burn those calories!! High energy, set to test your fitness and take it to the next level. This class is extremely motivating and you can do it regardless of your fitness level. Low impact options available.

6 PACK AB'S

Focus on core stability, strengthening abdominals using a variety of equipment and your own body weight. Want to see a difference? You have to feel it and work at it to see it!

BEACH FIT

This is for the sun lovers. It is only available in the warmer months. A way to enjoy the outdoors whilst getting fit. Our coast line will challenge you with hills, stairs, beaches, waterways and local parks. Each session is unique and a challenge. **Try it, we dare you!**

CHILL 'N' STRETCH

You all need it, believe me. This class is for everyone. You are not expected to move quickly from one position to another. The aim is to hold each stretch for the benefit of lengthening and strengthening your body. The more flexible and mobile you can be, the less likely you are to be prone to injury. It relaxes the body and the mind, don't cheat yourself by not doing it.

PUNCH FIT & KICK-BOX PLUS

What's the difference? Kick-Box Plus is total body workout using free standing 6 metre bags. A group class that's high energy with a cardio challenge for all fitness levels, it will guarantee a fitter body. **Punch Fit** is mostly upper body using focus pads and small boxing bags, working in two's. Do you ever see a boxer who is over weight and unfit? No! Well you better believe us when we say Rome wasn't built in a day, start from the beginning and put the efforts in to see results. Punch and jab your way to fitness. Fun and great stress release. Get your gloves on and box. You can sit on a chair and box if you need too, there are always options.

ACTIVE PLUS

The emphasis is based on strength/resistance, cardio training. Gentle classes include modified power plus, step, spin, boxing, floor exercises, abdominal and low impact base exercises. Aim to improve confidence, flexibility, mobility, and to enjoy it. Improve basic health, lessen the risk of disease prone to this age bracket. So it is suitable for all ages and fitness levels.

SEX 'C' BUTTS

Sex 'c' Butts is a specifically targeting those areas that are difficult to work. Equipment we use may include bosu, fitball, pilate ball, rubber bands and light weights. Keep this class as a favorite even though you may find it demanding, work at it and you will feel and see the difference. This class is for all levels of fitness and age.

CIRCUIT FIT

Circuit is an interval based class. Includes boxing, weight resistant, and cardio based exercises. You are working with a set work time with rest periods that change each time for the purpose of creating a different stimulus towards feeling and seeing results from your efforts.

FITNESS NOTE: ALL CLASSES CAN BE MODIFIED TO SUIT INDIVIDUAL FITNESS LEVELS. PLEASE IF YOU ARE NEW TO ANY CLASSES ENSURE YOU LET THE INSTRUCTOR KNOW.