

MARCH 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am		'PUMP IT' (30min)		'PUMP IT' (30min)			
8:00am	FIT N FAB		FIT N FAB		FIT N FAB		
9:00am						'PUMP IT'	
9:30am		'PUMP IT' (30min)	PUMP N CRUNCH (30mins)	'PUMP IT' (30min)			'PUMP IT'
10:00am			STRETCH (30min)				
10:30am				PILATES			
11:00am							
5:10pm							
5:30pm							
6:00pm		PUMP N CRUNCH (30mins)	INTERVAL (30mins)				
7:00pm							

55 min class

40 min class



Virtual Class
On Demand

You can call and book your favourite virtual class to play when you want (outside scheduled classes). Give us at least 60mins to organise your class. You could bring your friends and have your own private class!!

During the COVID-19 crisis our Opening Hours have been reduced	
Monday to Friday	6:00am – 12pm & 4pm - 8pm
Saturday and Sunday	8am – 1pm

Group Fitness Class Descriptions

CLASS	INTENSITY	CLASS DESCRIPTION
VIRTUAL BODYPUMP®	Low-High	A Les Mills Body Training System. BODYPUMP works all the major muscle groups of your body, using adjustable weight loaded barbells at your own level and set to fantastic music. BODYPUMP tones and builds lean muscle mass for rapid fat burning. No aerobics or coordination involved.
VIRTUAL BODYBALANCE®	Low-High	Combines Yoga, Tai Chi and Pilates to build flexibility and strength, leaving you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance
VIRTUAL BODYCOMBAT®	Med-High	Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 740 calories* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master.
VIRTUAL CXWORX®	Low-High	This program hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, as well as improving functional strength and assisting in injury prevention
VIRTUAL RPM®	Low-High	A non-impact 45min cycling session that uses different speeds, positions and resistance levels.
VIRTUAL SH'BAM®	Low-Med	A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!
BOXING	Med-High	A combination of boxing stations and cardio stations. This class will elevate the heart rate and keep you motivated for the entire 30mins!
CYCLE AND PUMP	Med-High	A non-impact 30min cycling session that uses different speeds, positions and resistance levels. It also incorporates the use of resistance training to make this class similar to interval training. Combine both weight training and short sharp spurts of cardio to get a short sharp and effective session in just 30mins!!
FITBALL	Low-Med	You'll have a ball in this class! Experience the fun of combining strength training and core training on a fitball. You will never look at a fitball the same again!
FIT N FAB	Low-Med	This class is designed to motivate and encourage the older clients to get "FIT N FAB"! These classes incorporate the usage of - weight training, fitball exercises and circuit style structures. Anyone is welcome to participate in these classes as you will not only work on strength, balance and fitness, but you will have fun whilst you are doing it!! Give it a go!!
INTERVAL	Med-High	Combining resistance training with short sharp spurts of exercises to get your heart pumping! Using both weights and cardio exercises...You will challenge yourself to the next level.
MIX IT UP	Med-High	If you love variety, this class is for you. Over a 4-5 week block you will be challenged with different forms of training in a variety of sessions. (please check notice board for session types and dates).
PILATES	Low-Med	Pilates is a safe, non-impact routine to strengthen and elongate deeper postural muscles. It is one of the most highly regarded exercise techniques for holistic body conditioning.
PUMP IT	Med-High	Combines both free weights and bar bells. Using bar bells and plates you will work your entire body, building strength and toning up!
PUMP IT N MOVE IT	Med-High	Combines both free weights and bar bells and cardio exercises. This class is an all over body workout!!
SUPER CIRCUIT	Med-High	A session using a combination of aerobic and resistance stations. A great combination that provides an excellent base for cross-training, endurance and flexibility.
VINYASA YOGA	Low-Med	Vinyasa and slow flow and yin style. This class can serve a wide range of students from the total beginner, the young and flexible, to the seasoned yogi, those with injuries and in advanced years. The classes are dynamic and flowing offering an athletic style of yoga partnered with a focus on breathing to create a mind body balance. They incorporate a restorative style to aid in recuperation of bodies suited to each individual.
YIN YOGA	Low-Med	Yin Yoga is a slow-paced style of yoga as exercise, incorporating principles of Traditional Chinese Medicine, with asanas that are held for longer periods of time. Yin Yoga usually consists of a series of long-held, passive floor poses that mainly work the lower part of the body - the hips, pelvis, inner thighs, lower spine. These areas are especially rich in connective tissues. The poses are held for up to five minutes, sometimes longer.