



— Est 1987 —

GROUP FITNESS TIMETABLE

MON	TUES	WED	THUR	FRI	SAT
5:30AM POWER UP	8:00AM FOREVER YOUNG	5:30AM FUNCTIONAL FITNESS	9:15AM MIND, BODY & SPIRIT	5:30AM BODY BLITZ	7:00AM OUTDOOR BOOTCAMP
8:00AM 6:15PM AQUA AEROBICS	9:15AM CONQUER	8:00AM 6:15PM AQUA AEROBICS	6:15PM POWER BAR	8:00AM AQUA AEROBICS	8:00AM PILATES
9:15AM BODY BLITZ	6:00PM YOGA	9:15AM POWER BAR		9:15AM FREE FUNCTIONAL FITNESS CLASS	9:00AM ZUMBA
10:00AM FOREVER YOUNG	6:15PM BOX FIT	5:15PM SPIN CIRCUIT			
6:00PM CONQUER					
6:00PM ZUMBA					



POWER UP AND SET THE TONE FOR THE WEEK WITH OUR FULL BODY CIRCUIT-BASED STRENGTH CLASS THAT'S STRUCTURED AROUND A PUSH, PULL, LEGS AND ABS ROUTINE. NO PREPARATION NEEDED, JUST SHOW UP AND YOU'RE READY TO GO!



FULL BODY STRENGTH CLASS THAT INCORPORATES THE USE OF BARBELLS AND DUMBBELLS TO SUIT THE INDIVIDUAL PARTICIPANT.



A GREAT WORKOUT IN THE POOL, FOCUSING ON A COMBINATION OF CARDIO AND RESISTANCE EXERCISES TO MAINTAIN OR INCREASE FITNESS LEVELS



HIGH INTENSITY INTERVAL TRAINING (HIIT) - THIS CLASS IS BASED ON HIGH ENERGY BURSTS WITH LOW TO MODERATE INTENSITY RECOVERY



A LOW-IMPACT SENIORS CLASS TO HELP PREVENT INJURY WHILE ALSO INCREASING MUSCLE STRENGTH AND ENERGY LEVELS



A HIGH-INTENSITY CARDIO WORKOUT BASED ON BOXING TECHNIQUES. SUITABLE FOR ALL FITNESS LEVELS. THIS CLASS WILL IMPROVE YOUR CORE AND BUILD STRENGTH.



A TYPE OF EXERCISE THAT SUPPORTS YOUR EVERYDAY LIFE, IT INCLUDES MOVEMENTS SUCH AS WALKING, PUSHING, PULLING, BENDING, SQUATTING, LUNGING AND CORE. THESE EXERCISES IMPROVE FUNCTIONAL STRENGTH.



A COMBINATION OF LATIN AND INTERNATIONAL MUSIC WITH DANCE MOVES.



REVITALISE YOUR BODY, RELAX YOUR MIND AND REDUCE STRESS WITH SLOW, GENTLE STANDING FLOWS AND FLOOR POSES TO INCREASE YOUR STRENGTH AND FLEXIBILITY, AND IMPROVE BREATH CAPACITY.



A COMBINATION OF STRENGTH CIRCUITS AND SPIN CLASSES TO GIVE YOU A HIIT WORKOUT THAT FOCUSES ON HIGH INTENSITY CARDIO WITH A CONTRASTING HIGH VOLUME STRENGTH WORKOUTS.



LEARN TO LET GO OF STRESS ENERGY AND EXPERIENCE A LIGHTNESS IN YOUR STEP, FREEDOM FROM LONG-TERM TENSIONS, AND INCREASING SENSE OF WELLNESS. COMBINED WITH GENTLE YOGA STRETCHES, BREATHING TECHNIQUES TO HELP ASSIST IN DISSOLVING TENSION HELD IN THE BODIES MUSCLES. INCREASE STRENGTH AND FLEXIBILITY.



GO HARD OR GO HOME! OUR OUTDOOR BOOTCAMP INVOLVES HIGH REPS, HIGH SETS, LITTLE BREAKS AND A WHOLE LOT OF HEAVY BREATHING. WITH BODYWEIGHT OR FREE WEIGHT OPTIONS AVAILABLE TO MODIFY THE INTENSITY OF YOUR WORKOUTS. BRING A CAP, THROW ON SOME SUNNIES, SLAP ON SOME SUNSCREEN AND PREPARE TO SWEAT!



A COMBINATION OF STRENGTH CIRCUITS AND SPIN CLASSES TO GIVE YOU A HIIT WORKOUT THAT FOCUSES ON HIGH INTENSITY CARDIO WITH A CONTRASTING HIGH VOLUME STRENGTH WORKOUTS.