

Group Exercise Classes

Ab Attack

High intensity training for the core- it's a must.

Adult Swim Training

Water based training for all levels, come and get fitter and faster in the pool with your expert swim instructor to achieve your goals.

All About the Arms

A total toning class for the arms. Sculpt and define to maintain definition and bone density.

All About the Legs

A total toning workout for these major muscle groups. A real challenge.

All About the Power

A resistance training class using weights and body moves at its best.

All About the Shoulders

A sculpting class to strengthen and define the shoulders.

Aqua

Water based class. Strengthens the whole body with the resistance of water, along with resistance tools used to enhance your workout for maximum results. A full body workout suitable for all levels.

Barbell Conditioning

A total toning class using the barbell and weights. Sculpts and defines the body. Suitable for all levels of fitness.

Barre Fitness

This is a hybrid workout class- combining ballet inspired moves incorporating Pilates, dance, yoga and strength training. A great way to tone and shape the body.

Body Blast I

All over body workout. Exercise to music routines, followed with muscular, strength and endurance exercises.

Body Blast II

All over body workout with exercise to music incorporating cardio blocks and weight resistance intervals.

Box HIIT

A class combining pad work, cardio and strength in a high intensity, lung bursting session.

Burn

This is a full body workout incorporating explosive cardio efforts with dynamic strength exercises to torch calories and improve fitness levels. Burn Bootcamp is a great practice ground to train your body and test your resilience. The coaches will motivate and focus on your technique throughout your workout.

Cardio & Define

High intensity cardiovascular class incorporating low weighted dumbbells to define the body. A fun, high energy class to music. Suitable for all levels.

Family Circuit Challenge

Circuit training using own body weight resistance. An all over body workout that will be a total challenge for both parent/guardian and child (aged 8 years and above, one child per adult).

Family Yoga

A family yoga class for all levels. Juniors aged 11 years plus must be accompanied by an adult and will be responsible for the child during the session, or pop along on your own to enjoy this class.

Free Beat Spin

Are you ready to ride the live show. Let the rhythm of the music guide you as your pedals spin and the good vibes flow. Instructor led spin class.

Intermediate Pilates

Participants need to have a good understanding of a mat based Pilates class. This class includes the option of using Pilates ball and working on the roller.

Jazz Dance

Put on your dancing shoes and let your feet feel the rhythm of the jazz dance moves. A fun class with great music and energy. Benefitting from increased flexibility, coordination and endurance.

Kettlebell HIIT

An intense total body workout using kettlebells, to increase your heart rate and burn copious calories. Learning the hinge hip motion and creating power movements to achieve maximum results.

LBT

The total toning class for the legs, buttocks and tums. This class will attack and target these major muscles groups achieving great muscle tone, definition and the perfect body silhouette.

Metcon

A metabolic conditioning class, utilising exercises that engage your metabolic pathways. This class is a challenge combining strength and cardiovascular conditioning.

Morning Stretch

A perfect way to start your day with a full body stretch and balance workout. Mobilise your joints, warm up the muscles and boost your balance for the day ahead.

Mov'Her

A dance class for all levels. It's sensual, sassy and a totally empowering dance class.

Omnia Express

A 30-minute express class to challenge yourself by working with your own body weight, alongside equipment.

Peak Spin

For those who love performance training, adapted challenges and entertainment, this spin class highlights key workout metrics to always keep you in your training zone. Instructor led spin class.

Pilates

A total body conditioning class that rewards you with flexibility, muscle strength and endurance. There is a strong emphasis on spinal and pelvic alignment, breathing and strong core.



Group Exercise Classes

Pilates for Rackets

Pilates class to promote and focus on muscle groups specifically for racket sports

Power Performance

A high energy cardiovascular class incorporating muscular, strength and endurance routines. A true power packed class.

Power Yoga

Power yoga enhances stamina, flexibility, posture and mental focus. It releases tension and toxins through this more rigorous yoga class. A faster more dynamic version of a traditional yoga class.

Pump

Resistance training at its best. A barbell-based workout that's specifically designed to help you get lean, toned and fit.

Motivating all over body workout, exercising to music.

Suitable for all levels.

Rig Fit

Outdoor cross training based on strength, endurance and power. A great start to any day. Suitable for all levels.

Spin Circuit

Hop on the stationary spin bike in the spin studio for a cardiovascular blast, followed by a challenging circuit, to get an all over body workout.

Step

A fun class. Bring your step back to the party, enjoying a choreographed workout for the whole body.

Strength

If increasing strength and building muscle are your key fitness goals, this Bootcamp is for you. Be coached on lifting weights correctly and effectively to achieve maximum benefits.

A fun challenging varied class bringing the gym outdoors.

Strength & Conditioning for Rackets

Strength and conditioning class specifically tailored for racket sports to enhance performance.

Strength & Conditioning Yoga

A blend of traditional yoga and dynamic strength training. Functional mobility practices with the mindful principles of yoga for increased cardiovascular fitness, physical recovery, agility, and body confidence.

Stretch & Define

Balancing your body with a class of full stretching sequencing and defining the body with hand weights. An all over body workout to improve flexibility, endurance and overall wellbeing.

Tai Chi

Slow relaxed movements concentrating the treasures known as Body, Energy and Spirit. Heightens your natural life forces and mental capabilities, giving you inner peace.

Total Body Blitz

Dynamic, high-energy class incorporating plyometric training, own body weight resistance training, and resistance tools.

Total Body HIIT

An outdoor high intensity interval training class incorporating weights, high impact exercises that will blast the body.

Yin Yang Yoga

The 2 in 1. The perfect combination of stretch and strength to restore balance in our physical, mental and spiritual well-being. This class is held in a warm studio environment.

Vinyasa Yoga

Vinyasa is an approach to yoga in which you move from one pose directly into another, seamlessly, using breathe. You will develop a stronger mind-body connection and grow in strength and flexibility.

Yin Yoga

Yin Yoga is a slow-paced style of yoga exercise. The aim is to increase circulation in the joints and improve flexibility. Poses are held for longer periods of time to target the connective tissues rather than the muscles.

Yoga

Yoga is a mind and body practice. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation. A class that will promote both physical and mental well-being.

Yogalates

This class is a fusion of yoga and Pilates. You will be taken on a mindful journey where the two disciplines blend, closing the class with relaxation/meditation.

Yoga Meditation & Relaxation

A class with various styles of yoga combinations, physical postures, breathing techniques and relaxation. A class that involves movement, meditation, and breathing patterns to promote both mental and physical well-being.

Zumba

A fun choreographed dance class with hip-hop, soca, samba, salsa, merengue, mambo and martial arts. Exercise to music with fast and slow rhythms, as well as resistance toning.

Zumba Gold

Dance with fun and fitness with this lower-intensity Zumba class.

A choreographed class to music with all the dance moves from salsa to mambo. The perfect class to place a smile from your face to your feet.

