

# CLASS DESCRIPTIONS

## MAIN STUDIO

### PLATE-LIT

LOW-INTENSITY STRENGTH BASED TRAINING, USING BODY-WEIGHT AND PLATES TO HELP STRENGTHEN AND TONE THE WHOLE BODY

### GENTLE FIT

A GENTLE WORKOUT WITH ZERO IMPACT, NO FLOOR-WORK AND PERFECT FOR THOSE LOOKING WORK THE FULL-BODY WITHOUT RISK OF INJURY

### BARRE

INSPIRED BY ELEMENTS OF YOGA, BALLET AND PILATES, THIS LOW IMPACT, HIGH INTENSITY WORKOUT WILL STRENGTHEN YOUR BODY LIKE NOT MANY OTHER CLASSES CAN!

### TRX

FULL-BODY STRENGTH USING SUSPENSION TRAINERS. LITTLE TO NO IMPACT!

### LES MILLS BODY BALANCE

INSPIRED BY YOGA AND PILATES, BODY BALANCE USES A RANGE OF MOVEMENTS SET TO MUSIC TO IMPROVE BODY & MIND

### LES MILLS BODY PUMP

THE ORIGINAL BARBELL WORKOUT. USING A RANGE OF WEIGHTS WITH LOTS OF REPS, BODY PUMP GIVES YOU A TOTAL BODY WORKOUT THAT BURNS LOTS OF CALORIES

### LES MILLS BODY ATTACK

A WORKOUT COMBINING ATHLETIC MOVEMENTS DESIGNED TO CHALLENGE YOUR LIMITS!

### LES MILLS BODY COMBAT

THE ORIGINAL MIXED MARTIAL ARTS WORKOUT. THIS HIGH TEMPO SESSION GIVES A FULL BODY WORKOUT- SERIOUS FUN, SERIOUS CALORIE BURN!

### LES MILLS DANCE

GREAT TUNES, GREAT MOVES, AND NO DANCE EXPERIENCE REQUIRED!

### LATIN DANCE FITNESS

EXPERIENCE THE VIBES OF A SPANISH FIESTA RIGHT HERE ON YOUR DOORSTEP WITH THIS TOTALLY UNIQUE FITNESS CLASS USING BASIC LATIN STEPS!

### ASHTANGA YOGA

ASHTANGA BASED FLOW, COMBINING PHYSICALLY DEMANDING MOVEMENT AND BREATH TO CREATE INTERNAL HEAT DESIGNED TO PURIFY THE BODY

### POWER PILATES

FEEL THE BURN WITHOUT THE BURNOUT! TAKE YOUR STRENGTH, BALANCE AND MOBILITY TO THE NEXT LEVEL

### THERAPEUTIC/ RESTORATIVE YOGA

A GENTLE, SLOW-PACED STYLE OF YOGA FOCUSSED ON DEEP RELAXATION AND STRESS REDUCTION

### PILATES

FOCUS ON POSTURE & FLEXIBILITY. IT IS SUITABLE FOR ALL AGES & FITNESS LEVELS

## SPIN STUDIO

### SPIN

30-45 MINUTE CYCLE WORKOUTS AIMED FOR THOSE LOOKING TO BURN CALORIES & GET A GREAT HIGH-TEMPO WORKOUT

### ENDURANCE CLUB

EXPECT CYCLING, ERGS AND RUNNING IN THIS ENDURANCE-BASED CLASS! ALL LEVELS WELCOME

## POOL

### AQUA FIT

FULL-BODY, LOW IMPACT WORKOUT INCLUDING CARDIO AND CORE, USING THE WATER AS RESISTANCE

### AQUA CIRCUITS

FULL-BODY, LOW IMPACT WORKOUT INCLUDING CARDIO AND CORE, USING THE WATER AS RESISTANCE

### AQUA BLAST

THE ABOVE, BUT CONDENSED INTO 30 MINUTES!

## GIG STUDIO

### HYBRID TRAINING

STRENGTH ELEMENTS MEET FITNESS IN THIS FULL-BODIED WORKOUT DESIGNED TO GET YOU FITTER AND FASTER. ALL LEVELS WELCOME

## OUTDOOR GYM

### LADIES LIFT

SMALL-GROUP TRAINING FOR WOMEN WHO LIKE, OR WISH TO LEARN HOW TO LIFT SAFELY.

### FUNCTIONAL STRENGTH

USING DUMBBELLS AND BARBELLS TO HELP YOU MOVE AND FEEL BETTER IN EVERYDAY LIFE. FORM, CONTROL AND DEVELOPING FULL-BODY STRENGTH

### CIRCUITS

FULL-BODY WORKOUT! DESIGNED FOR ALL LEVELS AND ABILITIES

### LBT

LEG, BUMS AND TUMS- THE CLASSIC LOW-BODY WORKOUT!

## TENNIS COURTS

### TENNIS CLUB

FITNESS, DRILLS & GAME-PLAY IN A FUN AND NO-PRESSURE ENVIRONMENT! SUITABLE FOR THOSE WITH BASIC BALL AND RACKET SKILLS

## BEACH/LAWN

### RUN CLUB

ENJOY A MORE SOCIAL SIDE TO RUNNING WITHIN A CLUB- A SAFE AND SUPPORTIVE ENVIRONMENT TO EXPLORE THE LOCAL COAST-LINE!

### IMMERSIVE SESSIONS

YOUR FAVOURITE WELLNESS SESSIONS, DONE SILENT DISCO STYLE! ENJOY THE MUSIC, THE VIBES, THE OUTDOORS

PLEASE BRING YOUR OWN MAT TO THE BEACH AND THE LAWN.