



Class Descriptions 2010

Calorie burning...

All exercise burns calories. The calorie burning ability of each exercise depends on the speed and/or force at which the exercise is performed.

Aerobics Plus

A traditional high intensity aerobic class. Incorporating a variety of training styles and sports conditioning exercises.

Cycle

A cardiovascular and muscle toning class on a bike. The quickest way to burn calories in the shortest possible time! Suitable for everyone!

Circuits

A high energy class that uses a combination of exercise stations. This class combines cardio training with strength and endurance training.

Power Step

A high energy step workout including power options. This class is suitable for beginners to step as the power option can be taken down to low impact.

Step

A hi/lo impact workout stepping on and off the step platform. Great for those legs! These classes are suitable for participants with step experience.

Boxacise

A circuit based class that will include pad work and interval training. High in intensity... guaranteed full body workout. Learn how to punch correctly.

Pad Attack

This is pad workout class. Learn how to kick and punch.

Prestige...

Prestige classes are specifically designed for people who are over 55 years of age.

Relax and Unwind...

These classes will help you to unwind and re-energise and help to bring the mind and body into harmony whilst improving flexibility and relieving stress levels.

Pilates

Strengthen core muscles; improve muscle control, flexibility, co-ordination and strength.

Pilates Tone

This class incorporates the principles of traditional Pilates exercises whilst incorporating other discipline to create a complete toning effect.

Hatha Yoga

This class focuses on posture and body alignment while combining relaxation and body awareness. Designed to boost energy levels, increase flexibility and reduce stress.

Ashtanga Yoga

A physically demanding style of practising yoga. Postures flow with breathe creating a dynamic energy. This type of yoga will help strengthen the whole body.

Toning & Strength...

Toning your body is a great way to get your muscles conditioned and strong.

Body Conditioning

These classes are designed to tone up and shape muscles. Weights, bands and body bars may be used, as may the Swiss-ball.

Body Pump

A pre-choreographed non-impact class designed to give you an effective and challenging workout with the use of barbells and weights.

Body Sculpt

This class is similar to Body Pump; however this version is not pre-choreographed

Abs / Body Sculpt

A class designed to help you to use your abdominal muscles and strengthen your core to