



ONLINE GROUP FITNESS CLASS DESCRIPTIONS

ON YOUR BIKE! = LIVE CLASS – 50 Minutes

This is the Stationary Bike Group Fitness Class that you know and love at High Country Fitness! On Your Bike is fantastic for shaping and toning your lower body and will dramatically increase your fitness levels.

It is a perfect class if you are new to group fitness, it is a low impact, safe, work out for all levels of fitness.

No bike, no worries!

We encourage you to join in on any cardio equipment you may have at home for a fun, motivating class!

FIT BALL, PILATES & MORE = LIVE CLASS - 45 Minutes

This class will challenge your overall strength, balance and core whilst improving your posture through range of movement and various exercises... All whilst using a Fit Ball!

You can still participate in this class without a Fit Ball, our team will guide you through.

If you would like to purchase a Fit Ball please visit <https://snowfitness.com.au/snow-fitness-online-shop/>

STRETCH & RECOVER = LIVE CLASS – 45 Minutes

We all want to move better and feel better so we can live a healthier life!

Stretching and recovering are key components to getting this right!

Get ready for a stretch and recovery class that will leave you feeling fabulous and wanting more!

SMASH HIIT = LIVE CLASS – 45 Minutes

A challenging full-body workout, that will make you work and sweat!

Each session incorporates Strength Training, Core Work and Cardiovascular Conditioning using your body as your equipment.

This session will always throw some surprises at you!

BUILD YOUR CORE = LIVE CLASS – 45 Minutes

Are you sick of complaining about a sore back & a weak core?

This is a gentle Pilates based mat work class where you build your base core strength.

This class is for everyone and you can make it as easy or as hard as you like!

ACTIVE FAMILIES = LIVE CLASS – 45 Minutes

Active Families is a class specifically designed for your entire family!

This class is focused on improving cardiovascular endurance, strength, posture, balance, agility, coordination and flexibility.

This is a fun class to keep your whole family active and productive throughout the day!

FOREVER ACTIVE = *LIVE CLASS – 45 Minutes*

This is our condensed version of the class you know and love.

Designed for our more mature community members (over 60) this class focusses on improving cardiovascular endurance, strength, balance and flexibility from the comfort of your own.

HARD CORE STRTECH = *LIVE CLASS – 30 Minutes*

Take your core training to the next level with Hard Core Stretch.

Combining advanced core and flexibility training this is half an hour you don't want to miss.

SNOW FITNESS = *LIVE CLASS - 45 Minutes*

Snow Fitness is a challenging full-body workout, that will make you work, sweat and smile!

Contrary to its' name, this class is not just for your on-snow fitness, it will help you attain and maintain a fit, strong, healthy and flexible body.

If you are skiing or snowboarding this ski season, Snow Fitness is a must for you.

Bring it on!