



GROUP FITNESS CLASS DESCRIPTIONS



= LIVE CLASS In our RPM Studio – 50 & 60 Minutes / Also via ZOOM
= Also, as a VIRTUAL CLASS in our Group Fitness Studio

RPM™ - Ride to the rhythm of powerful music to a calorie-burning endorphin high!

RPM is an awesome studio cycling class, that leads you on a journey of total calorie destruction in 50 - 60 minutes!

RPM is fantastic for shaping and toning your lower body and will dramatically increase your fitness levels.

If you are skiing, snowboarding and / or outdoor riding, RPM is a must for you!

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 with intensity controlled by you.



= VIRTUAL CLASS In our Group Fitness Studio – 30, 45 & 60 Minutes

BODYPUMP™ - The original barbell workout that strengthens and tones your entire body & gets you results. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

Great music and your choice of weight inspire you to get the results you came for – and fast!



= VIRTUAL CLASS In our Group Fitness Studio – 60 Minutes

BODYBALANCE™ - The Yoga, Tai Chi, Pilate's workout that leaves you feeling flexible, strong, centred & calm.



= VIRTUAL CLASS In our Group Fitness Studio – 45 Minutes

SH'BAM is a fun loving, insanely addictive dance workout.

No dance experience required, just bring a playful attitude, an open mind and a cheeky smile.

Have fun; learn new dance moves all while increasing your cardio fitness.



= VIRTUAL CLASS In our Group Fitness Studio – 30 Minutes

CXWORX provides the vital ingredients for a stronger body while chiselling your waistline.

A stronger core makes you better at everything you do - it's the glue that holds everything together!



STRENGTH = VIRTUAL CLASS In our Group Fitness Studio – 30 Minutes

LES MILLS GRIT™ Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting-edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.



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CARDIO = VIRTUAL CLASS In our Group Fitness Studio – 30 Minutes

LES MILLS GRIT™ Cardio is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. LES MILLS GRIT Cardio takes HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

ATHLETIC = VIRTUAL CLASS In our Group Fitness Studio – 30 Minutes

LES MILLS GRIT™ Athletic is a 30-minute high-intensity interval training (HIIT) sports conditioning workout, designed to make you perform like an athlete. This workout often uses a step, bodyweight exercises and multi-dimensional sports conditioning training to increase your overall athletic performance: strength, agility, speed and power.

LES MILLS GRIT Athletic takes cutting-edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

FIT BALL Core & More = *LIVE CLASS In our Group Fitness Studio - 60 Minutes*

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

STRETCH & RECOVER = *LIVE CLASS In our Group Fitness Studio – 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!

Classes will vary each time and will often incorporate different equipment including;

Power loops, Slides, Stretching straps, Thera bands, Rollers and more.

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

BUILD YOUR CORE = *LIVE CLASS In our Group Fitness Studio – 60 Minutes*

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

Let's face it none of us do enough core work or stretching!

Want to build a strong foundation from the inside out?

This is a gentle Pilates based mat work class where you build your base core strength and at times use equipment.

We concentrate on balancing and strengthening, focusing on core stabilisation and postural alignment.

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



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FOREVER ACTIVE = LIVE CLASS – 60 Minutes

Forever Active is a program to suit our more mature community members.

A fully supervised class focussed on improving cardiovascular endurance, strength, balance and flexibility set in a fun, social group environment.

People of your own age group surround you and you are encouraged to work at your own pace.

If you are over 60 and looking for a great group of training buddies, this is your class.

FIT MIX = LIVE CLASS in our Berridale Location - 60 Minutes

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

Each class will be a mix of boot camp style, high intensity interval training (HIIT), circuit training, incorporating body weight training, boxing, strength training, core work and cardiovascular conditioning using a great mix of equipment.

This session will include pilates, stretching and recovery.

With so much variation, each session will always throw some surprises at you!

At our Berridale facility we have access to the large community hall and the outdoor sports oval.

We use a mixture of both throughout the year to suit the weather and the availability of the community facilities.

Please be ready for anything.

Our Berridale location is:

The Berridale Community Hall

4 Myack Street

Berridale, NSW 2628

Equipment for all Group Fitness Classes is provided.

*The number of participants is limited in each class,
So please book in to avoid the disappointment of missing out!*