



GROUP FITNESS CLASS DESCRIPTIONS



= LIVE CLASS In our RPM Studio – 50 & 60 Minutes / Also via ZOOM

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 45 - 50 minutes!

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

If you are skiing or snowboarding this ski season, 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.



= LIVE & VIRTUAL CLASS In our Group Fitness Studio – 15, 30 & 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 – 15, 20, 30, 45 & 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 – 30 & 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, 45 & 60 Minutes

BODYCOMBAT is a high-energy martial arts-inspired workout.

You will learn how to punch, kick and strike your way to superior fitness and strength.

This Non-contact workout takes you through moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress while getting as fit as a champion.



= VIRTUAL CLASS In our Group Fitness Studio – 15 & 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!



= VIRTUAL CLASS In our Group Fitness Studio – 30 Minutes

Les Mills Barre is a modern version of classic balletic training, a 30 minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

Incorporating classic ballet positions, with modern music, Les Mills Barre is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights.



GROUP FITNESS CLASS DESCRIPTIONS

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 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 & Live Class via ZOOM, Available to you anywhere – 45 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!

HARD CORE STRTECH = LIVE CLASS via ZOOM, Available to you anywhere – 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 via ZOOM, Available to you anywhere - 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!



GROUP FITNESS CLASS DESCRIPTIONS

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 Berridale Location - 45 and 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.

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

FIT MIX / CORE, PILATES & STRETCH

= LIVE CLASS In Berridale Location - 90 Minutes

Choose to do either of the 45 minutes or the entire 90 minutes!

The first 45 Minutes = Fit Mix session including a warm up and a quick stretch.

The next 45 Minutes = A mix of Core, Pilates, Stretching and Recovery.

Generally speaking, we do not do enough core work, stretching or recovery!

This is the perfect mix of core, mat work Pilates and stretching where you build your base core strength and at times use various equipment.

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

Along with this, core work, stretching and recovering are key components to helping us move better and feel better so we can live a healthier life!

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

It's the perfect combo to leave you feeling fabulous and wanting more!

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!*