

CLASS DESCRIPTIONS

PLATE-LIT

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

LEGENDS

HERE IT IS. A STRENGTH AND TONING CIRCUIT FOR THE LEGENDS OF ST MICS. AIMED AT THOSE 60+ WHO WANT TO ADD A LITTLE EXTRA TO THIER ROUTINE

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!

FUNCTIONAL STRENGTH

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

FUNCTIONAL CORE

USING DUMBBELLS, BANDS AND KETTLEBELLS. THIS CLASS DEVELOPS YOUR CORE STRENGTH. FEEL THE ADVANTAGES THROUGH YOUR DAY TO DAY LIFE

FIT FOUNDATION

INJURY PREVENTION. FOCUSING IN ON SPECIFIC JOINTS/ AREAS OF THE BODY. AIMED AT THOSE 40-60+ WHO HAVE STARTED TO NOTICE A DELINE IN JOINT FUNCTION

MAIN STUDIO

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!

HIIT

HIGH INTENSITY INTERVAL TRAINING. QUICK BURST OF POWER AND CARDIO, DESIGNED TO GET THE HEART AND MUSCLES PUMPING.

GENTLE FIT

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

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 FOCUSED ON DEEP RELAXATION AND STRESS REDUCTION

PILATES

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

PRE TO POST

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STRETCH/ YOGA FLOW

A GENTLE, FLOWING STRETCH FOR THE WHOLE BODY.

POOL

AQUA FIT

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

AQUA BLAST

THE ABOVE, BUT CONDENSED INTO 30 MINUTES!

AQUA CIRCUITS

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

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

VIRTUAL SPIN

30-45 MINUTE VIRTUAL WORKOUTS: LES MILLS TRIP, RPM AND SPRINT

GLUTE HYBRID

LBT MEETS SPIN! STRENGTHEN AND SCULPT YOUR LOWER BODY. SUITABLE FOR ALL LEVELS OF FITNESS AND EXPERIANCE

GIG STUDIO

HYBRID TRAINING

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

GIG STRONG

GIG ROWING MEETS STRENGTH IN THIS CLASS. GET YOUR HEART RATE HIGH AND MUSCLES PUMPING,FOLLOWED BY STRENGTH

LBT

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

TENNIS COURTS

FREE PARK TENNIS

GAME-PLAY FOR THE WHOLE FAMILY. LEARN BASIC SKILLS, HAVE FUN AND SOCIALISE

SPOT OF TENNIS

MEET ON THE COURTS FOR A SPOT OF TENNIS! BASIC TENNIS SKILLS REQUIRED

COASTAL

RUN CLUB

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

GYLLY SWIM CLUB

COME RAIN OR SHINE, TAKE A DIP IN THE SEA, FOLLOWED BY A WARM UP IN OUR SAUNA!

COAST CIRCUITS

A MIX OF CARDIO AND STRENGTH. ENJOY THIS CLASS IN THE BEAUTIFUL SURROUNDING AREA

COAST 2 5K

BEGINNERS RUN CLASS - AKIN TO COUCH TO 5K, BUT WITH BETTER VIEWS, INSTRUCTOR LEAD AND SOCIAL SUPPORT

BEACH YOGA

YOUR FAVOURITE WELLNESS SESSION, ENJOY THE VIEW, THE VIBES, AND THE OUTDOORS

OUTDOOR GYM

LADIES LIFT

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