

# CLASS DESCRIPTIONS

## MAIN STUDIO

### 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

### GENTLE FIT

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

### FUNCTIONAL STRENGTH/ CORE

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

### GYMNASTICS

LEARN THE FOUNDATIONS OF GYMNASTICS, WITH FULL BODY CONDITIONING. THINK HANDSTANDS!

### SCULPT AND TONE

THIS CLASS DOES WHAT IT SAYS! BANDED MOVEMENTS, IN A PILATES STYLE, TO ASSIST FULL BODY TONING

### 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

### 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!

### TRX

FULL-BODY STRENGTH USING SUSPENSION TRAINERS. LITTLE TO NO IMPACT!

### CARDIO CIRCUITS

OUR WINTERWARMER FOR THOSE RARING TO GET OUT RUNNING AGAIN. CLASS DESIGNED TO BOOST CARDIO PERFORMANCE

### STRENGTH & STRETCH

BODY WEIGHT STRENGTHENING AND TONING, FOLLOWED BY A FULL BODY STRETCH

### 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

### 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!

### STRETCH/ YOGA FLOW

A GENTLE, FLOWING STRETCH FOR THE WHOLE BODY.

## COASTAL

### GYLLY SWIM CLUB

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

### BEACH YOGA

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

## 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

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

## OUTDOOR GYM

### LADIES LIFT

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

## 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

## 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

## TENNIS COURTS

### SPOT OF TENNIS

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