

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 THEIR 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.

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 DECLINE IN JOINT FUNCTION.

MAIN STUDIO

ASHTANGA YOGA

ASHTANGA BASED FLOW, COMBINING PHYSICALLY DEMANDING MOVEMENT AND BREATH TO CREATE INTERNAL HEAT DESIGNED TO PURIFY THE BODY.

STRETCH/YOGA FLOW

A GENTLE, FLOWING STRETCH FOR THE WHOLE BODY.

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.

POWER PILATES

FEEL THE BURN WITHOUT THE BURNOUT! TAKE YOUR STRENGTH, BALANCE AND MOBILITY TO THE NEXT LEVEL.

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!

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!

OUTDOOR GYM

LADIES LIFT

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

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!

CARDIO CIRCUITS

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

MET-CON

METABOLIC CONDITIONING, HIGH INTENSITY TRAINING TO IMPROVE YOUR BODY'S ENERGY SYSTEMS.

TENNIS COURTS

SPOT OF TENNIS

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

COASTAL

RUN CLUB

ITS BACK! JOIN THIS FRIEDLY MORNING GROUP. BOOST YOUR RUNNING, CONFIDENCE AND ENJOY THE STUNNING VIEWS

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.

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 EXPERIENCE.

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.