

CLASS DESCRIPTIONS

MAIN STUDIO

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

VINYASA FLOW

SUITABLE FOR INTERMEDIATE LEVEL. FLOW THROUGH POSES IN SYNC WITH YOUR BREATH TO DEVELOP MOBILITY, STRENGTH & FIND YOUR INNER ZEN

ASHTANGA YOGA

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

HATHA YOGA

THE PRACTISE OF PHYSICAL YOGA POSES AND BREATHING TECHNIQUES TO ALIGN AND CALM THE BODY, MIND AND SPIRIT.

HOT STRETCH/FLOW

DEVELOP FLEXIBILITY AND MOBILITY IN THIS FULL-BODY STRETCH CLASS

GENTLE FIT

A GENTLE WORKOUT WITH ZERO IMPACT AND LOTS OF OPTIONS AND MODIFICATIONS

LES MILLS BODY BALANCE

INSPIRED BY YOGA & PILATES, BODY BALANCE USES A RANGE OF MOVEMENTS SET TO MUSIC THAT WILL IMPROVE YOUR MIND & BODY

BODY ATTACK

A WORKOUT COMBINING ATHLETIC MOVEMENTS DESIGNED TO CHALLENGE YOUR LIMITS!

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!

PLATE-LIT

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

ZUMBA

HOW TO MAKE CARDIO MORE FUN? DANCE YOUR HEART OUT! JOIN US FOR THIS FUN, HIGH ENERGY WORKOUT EXPERIENCE!

LES MILLS BODY COMBAT

THE ORIGINAL MIXED MARTIAL ARTS WORKOUT. THIS HIGH TEMPO SESSION GIVES A FULL BODY WORKOUT- SERIOUS FUN, SERIOUS CALORIE BURN!

SH'BAM

GREAT TUNES, GREAT MOVES, AND NO DANCE EXPERIENCE REQUIRED!

GLUTE STRENGTH

THIS IS ALL ABOUT GROWING THAT PEACH! A SWEET MIX OF BODY WEIGHT AND RESISTANCE WORK FOR A BIGGER, BETTER, STRONGER BEHIND

PILATES

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

FASCIA RELEASE

A DEEP TISSUE RELEASE USING FOAM ROLLERS AND LACROSSE BALLS.

CORE

TARGETING ALL AREAS OF THE CORE. STRENGTHENING THE POWER HOUSE OF THE BODY

SPIN STUDIO

SPIN/EXPRESS

30-45 MINUTE CYCLE WORKOUTS AIMED FOR THOSE LOOKING TO BURN CALORIES & GET A GREAT HIGH-TEMPO WORKOUT

LESMILLS VIRTUAL

RPM,SPRINT&TRIP

GIG STUDIO

GIG CLUB

COMBINING CARDIO AND STRENGTH FOR A FUN AND DYNAMIC ROWING-BASED WORKOUT!

GYM FLOOR/OUTDOOR GYM

LADIES LIFT

SMALL-GROUP TRAINING FOR WOMEN WHO LIKE TO LIFT! NEWCOMERS AND EXPERIENCED WELCOME

COMPOUND LIFT

RESISTANCE TRAINING, WORKING MULTIPLE MUSCLE GROUPS. FOR ALL ABILITIES

CIRCUITS

TIMED WORK USING A VARIETY OF BODY WEIGHT EXERCISES AND A VARIETY OF EQUIPMENT

POWER YOGA

FAST PACED YOGA MOVES. AN INTENSE WORKOUT BASED ON VINYASA STYLE YOGA

STRENGTH AND CONDITIONING

THE DEVELOPMENT OF DYNAMIC STATIC EXERCISES TO IMPROVE PHYSICAL STRENGTH

POOL

AQUA FIT

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

AQUA BLAST

THE ABOVE, BUT CONDENSED INTO 30 MINUTES!

BEACHFRONT/LAWN

COAST N CARDIO

FUN,HIGH ENERGY FITNESS-BY THE COAST!

BEACHBOOTCAMP

DIFFERENT EVERY WEEK! A HIGH ENERGY, FULL BODY WORKOUT. FUN IN THE SUN AND SAND!

PILATES

FOCUS ON POSTURE, CORE & FLEXIBILITY. SUITABLE FOR ALL AGES & FITNESS LEVELS

RUNCLUB

A SAFE AND ENJOYABLE RUNNING EXPERIENCE FOR ALL LEVELS

PLEASE BRING YOUR OWN MAT TO THE BEACH AND THE LAWN.