

Group Exercise Class Descriptions

All Abs
100% Abdominal strengthening exercises. (15 min)

Ballet, Tone & Stretch
Develop the strength, grace and poise of a dance. Whether you love ballet or are simply searching for an alternative workout regimen designed to give you a strong, graceful body... this class will deliver results.



BODYATTACK™

BODYATTACK™ is a simple, high-intensity class that's fully optioned to cater for all fitness levels You'll experience high-energy sports training moves for cardiovascular fitness, along with upper and lower body conditioning exercises for building strength.



BODYCOMBAT™

- BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors, learn to strike, punch, kick and kata your way through calories to superior cardio fitness.



BODYFLOW™

- BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.



BODYPUMP™

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60 minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors, and your choice of weight inspire you to get the results you came for - and fast!

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BODYSTEP™

BODYSTEP™ is the energizing step workout that makes you feel liberated and alive. Using a heightadjustable step and simple movements on, over and around the step, you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.



BODYVIVE™

BODYVIVE™ is the low-impact, whole body group fitness workout that uses VIVE™ balls, VIVE™ tubes and body weight to boost fitness and core strength. There are inspirational instructors and music to motivate you. Best of all, you're left fizzing with energy, so you can really take life on!

Cardio 'N Cuts

30 minutes of low & high impact cardio followed by 30 minutes of resistance training.

Cardio Sculpt

Timed intervals of cardiovascular exercises and dance moves combined with resistance training; a vigorous workout guaranteed to get you in top condition.

Core Motion

Functional muscular & cardio conditioning using a weighted medicine ball, gliding discs, tubing, body bars, and / or stability balls. All motions are focused to strengthen your core and the major muscles of your body while elevating your heart rate (which means you'll sweat).

Low & Light

A low impact cardiovascular & strength workout for mature adults.

Mind Body Balance

Fusion workout that combines Yoga, Tai Chi, and Pilates to build flexibility and strength.

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Phys. Ed.

Come Ready to sweat! Dynamic, high energy workout reminiscent of you high school P.E. class, kicked up 10 notches! This class is creative, fun and sweat-inducing, so bring a towel and a big water bottle.

Pilates

A mind-body class that emphasizes your core strength through balance and breathing. This is a building block class. Regular attendance is important. We welcome all levels.

S.H.O.C.K.

Spinning. High. Octane. Calorie. Kick. We designed this fun, fast-paced bike & resistance training workout to inspire the athlete within...high-intensity conditioning on and off the bike will improve your endurance, strength, power, speed & agility.

Spin-45

Spinning class in a condensed 45-minute format. Please see 'Spinning' description for details.

Spinning

Here is your opportunity to burn the most calories possible in 60 minutes! A guided group indoor cycling class that gets you sweatier than any other class we offer.

Spin-Core

SPIN 45 minutes cardio blasting on the bike and then finish up with 15 minutes of hard CORE work!

Stretch For Life

A class that provides gentle stretching and teaches the fundamentals of relaxation by calming both body and mind.

Super Sculpt

A workout guaranteed to strengthen and challenge you. Participants use resistance tools to sculpt & define the body.

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Tai Chi

An internal Chinese martial art that is practiced for health and longevity. Some call it a form of moving meditation, as focusing the mind solely on the movements of the form brings about a state of mental calm and clarity.

Total Strength

A personal training-based workout guaranteed to strengthen and challenge you. There is no cardio in this 60 minute class.

Yoga

A 60 - minute class using poses and breathing techniques for an intense workout. Poses are performed standing, seated, and lying on a yoga mat. Yoga is practiced for mental and physical health. It enhances strength, flexibility and is known to reduce stress.

Yoga Basics & More

Low-impact class introduces flowing poses and breathing techniques to improve your vitality, strength, and longevity. All postures lead you to relaxation, and learning how to find balance. Postures and poses are performed standing, seated, and/or lying on a yoga mat.

Yogalates

A fusion of the ancient discipline of Yoga with the modern Pilates techniques. The exercises mix both disciplines to develop core strength, help tone muscles, increase flexibility, and reduce stress.

Zumba

Zumba fuses hypnotic latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away.