



This class is for the seniors, its low intensity with great music and a good fun variety workout. Our instructor will carefully take you through your paces.



A system focused on improving your movement and daily abilities within your life. Doing Pilates will increase your flexibility and improve strength.



Per-choreograph Les Mills class combining yoga, Pilates, stretching, tai chi and meditation. This class helps lengthen muscle, release tension and leave you with an overall sense of balance and calm.



Unites the body, mind and spirit and can help with align posture and increase range of movement. It increases flexibility, endurance, balance and promotes relaxation from stress. All levels welcome.



Zumba Gold is designed for the active older adults and those looking for a low-impact workout. Easy to follow go with the flow moves and latin inspired music you will salsa, jive, cha cha and groove to a fun workout!



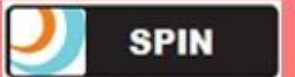
This is a pre-choreographed Les Mills class performed to fun music, using barbells and adjustable weight plates for tone & conditioning. Suitable for all fitness levels



Your most needed areas, Abs, Butt and Thighs. Let's make them toned. Designed for Targeting the core, legs, and glutes, to strengthen and improve core stability. Want tone Glutes This is the class for you!



A fusion of Latin and International dance themes that create a dynamic, exciting and effective fitness system. The routines feature fast and slow rhythms Dance yourself FIT!



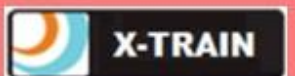
Doing 3 spin classes a week can burn up to 1,800 calories. One spin class per-week burns 400-800 calories. But this all depends on how much effort you put in.



30 Minutes Bike and 30 Minutes Core. A great cardio session with an awesome 30min ab/core routine to help maintain a better shaped core. So get crunchin'



In just 30-Minutes SPRINT will challenge your physical and mental limits. A quick style of training that returns rapid results with minimal joint impact. Burning calories for hours after stepping of the bike.



A mix of Cardio, Weights & Floor work. Great music for each set of exercises and a top way to keep you feeling great. Using a variety of exercise stations this session will help tone and condition your body whilst improving your cardio capacity, muscle tone and core strength. A number one all over workout.



Learn the basic techniques of boxing while focusing on your fitness and speed. Hook, jab and uppercut through a range of circuit style stations. This class is based on high level cardio strength and mind determination. So jump into boxing and punch your way to fitness and confidence.



This class combines strength, cardio and plyometric training in high intensity intervals followed by active rest and recovery all to motivating music. Also offers aerobic and anaerobic challenges, provides fat burning opportunities, improves athletic performance, improves endurance, accelerates fitness gains, enhances upper and lower body strength. It's only once a week so take the opportunity and lets give this class a ago.