

GROUP FITNESS CLASS DESCRIPTIONS

LEAVE YOUR INHIBITIONS AT THE DOOR! BODYJAM™ is a 55 minute workout set to the latest music with great dance moves. It's cardio fun at its best for those with a passion for movement. You will burn calories, increase your fitness level and learn to dance better.

GET FIT, STAY FIT, GET FITTER! A 55-minute group exercise-to-music class that enhances your physical and mental well-being. **ATTACK™** is a simple, high-intensity, exercise-to-music class that caters for all fitness levels. You'll experience high-energy sports training moves for cardiovascular fitness, along with upper and lower body conditioning exercises.

THE FASTEST WAY IN THE UNIVERSE TO GET IN SHAPE! BODYPUMP™ This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. It's for just about everybody who wants to add strength training into their aerobic workout. The simplicity of the class makes **BODYPUMP™** a great starting point to develop strength and confidence. You'll use a step platform, a bar and a set of weights. If you're new to weights-resistance exercise or you're out of shape, you should start with light weights. After a few classes, you'll recognise the correct weight for you. If you're unsure, ask your instructor.

STEP TO A SMOOTHER BUTT! BODYPUMP™ is our energising step workout that makes you feel liberated and alive, using a height-adjustable 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 for functional strength.

UNLEASH YOUR INNER WARRIOR! BODYCOMBAT™ is a non contact, fiercely energetic program. This workout is inspired by martial arts and draws from a wide array of disciplines such as Karate, Tae Kwan Do, Kung Fu, Kickbox, Muay Thai and Tai Chi. Each 55-minute **BODYCOMBAT™** class is choreographed to 10 tracks of the latest music, providing an exhilarating exercise experience that delivers ultra-fast fitness results.

IT'S A ROCK CONCERT ON WHEELS! RPM™ is the indoor, cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

RESTORE BALANCE TO YOUR WORLD! BODY BALANCE™ is the Yoga, Tai Chi and Pilate's workout that builds flexibility and strength and leaves you feeling centred 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.

LEAVE FIZZING WITH ENERGY AFTER! BODYVIVE™ is a low impact workout that lets you choose just how hard you work. Using the VIVE™ balls and VIVE™ tubes, you're talked step-by-step through the entire class by a skilled instructor, while listening to uplifting and inspiring music.

KICKBOX Is a combination of martial arts using gloves and punching pads - great for fitness, flexibility, co-ordination and muscle tone.

CIRCUIT Is suitable for all ages and fitness levels. Using pin loaded machines and simple, athletic aerobic moves to improve your fitness, strength and shape of your body.

BELLY DANCING Is suitable for all ages and fitness levels. A great way to have fun while shaping and toning your mid section. Patterned and rhythmic body movements are performed and used as a form of communication to music.

PILATES is a workout that specifically strengthens the posture and trunk stabilising muscle - helps maintain good posture and alignment. Lift your spirit with relaxing meditation at the end.

