

Group Fitness Class Descriptions

BODYATTACK® build strength & stamina in this cardio workout with a variety of options to challenge and motivate all fitness levels.

BODYPUMP™ workout with your choice of weights to strengthen, tone & shape your entire body and leave you feeling amazing!

BODYSTEP® burn fat, step your body into shape in this energizing workout using an adjustable step to inspiring music.

BODYCOMBAT™ burn calories as you punch and kick your way through this amazing cardio workout, inspired by martial arts.

RPM™ ride your bike along the highway to better fitness, burn calories, gain strength and tone & shape your legs and butt!

BODY BALANCE™ holistic workout incorporating flexibility and strength exercises transporting your body and mind into a state of harmony and balance.

BODYVIVE™ low impact cardio – strength - tone & shape - abs & core workout where you choose how hard you work...fun & fizzing with energy!!!

ZUMBA® is the Latin inspired, easy to follow dance fitness party to burn calories while toning abs, arms and thighs, leaving you feeling invigorated, refreshed and full of life!!

ZUMBA GOLD is the lower impact, easy-to-follow, Latin-inspired dance fitness-party that keeps you in the groove of life.

SH'BAM features simple but seriously hot dance moves, it is the perfect way to shape up and let out your inner star while working out to the chart-topping popular hits

BOX FIT the total body workout to improve physical health, improve muscle tone and increase fitness and confidence.

CIRCUIT 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 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.

ASHTANGA YOGA a dynamic form of yoga, designed for urban people with time constraints. Ashtanga Yoga employs multiple techniques such as posture, breathing, concentration and meditation exercises.

PILATES a workout that specifically strengthens the posture & trunk stabilising muscles. Maintains good posture, alignment & lift your spirit with relaxing meditation at the end.

FABABS express workout to tone your abs, strengthen and stabilise your core.

CXWORX a 30 minute express workout that will tone and strengthen your core, giving you a sculptured, defined body shape.

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Commences October 24th 2011



Group Fitness Timetable

Fitness Centre Opening Hours

Monday-Friday 6.00am-9.30pm

Saturday 7.00am-1.00pm

Sunday 7.00am-12.00noon

STARplex

Telephone: (08) 8522 0622

18-20 Alexander Ave

Evanston Park SA 5116

