



Fitness Classes

Aqua - This class is designed to be a fun and effective workout in water using light weights and noodles for an all-round exercise to music.

Bootcamp - A fun all over body blast that will sculpt and challenge you each week, making you the gods and goddesses you've always dreamed of being.

Boxercise - Combines cardio work, strength training and balance using boxing skills on stations such as focus pads, punch bag, skipping ropes and Medicine Balls into one fitness activity.

Kettlebells – Achieve Fast results with strength, endurance and muscle toning by challenging both the muscular and cardiovascular systems with dynamic, total body movements.

Fitball – Fast pace class, structured around a high intensity routine that is designed to improve strength, endurance and muscle tone

Fitness Pilates - Designed to work the muscles of the whole body and to gently lengthen them, while incorporating a slow breathing technique to energise the body. It is a no- impact class.

HIIT Blast - An all over fat blasting class, with a mix of short cardio and resistance exercises that will spike your heart rate for the ultimate calorie burning performance.

Legs, Bums & Tums - A high intensity class built around burning fat and sculpting the legs, glutes and core to ensure you achieve the look you're after.

Pump - A resistance based class that challenges every major muscle group, improving endurance and strength and creating that toned look you've been craving.

Stretch - This class uses a series of low impact gentle exercises aimed at maintaining and improving current fitness and mobility.

Studio Spin - An indoor cycling class that can accommodate those just starting out or those who are avid cyclists to challenge themselves. Burn fat fast!

Yoga - A gentle class which brings harmony to the body, mind and spirit. Stretches and yoga postures are practised to improve flexibility, strength and balance.

Zumba - Forget about the workout, just lose yourself in the music and groovy into shape at this ultimate dance-fitness party.