### Class Descriptions

**Fighting Fit** - A challenging cardio workout which provides great upper body toning, using boxing gloves and pads. Suitable for intermediate to advanced fitness levels.

**Cross Training** - A class offering a variety of Hi/Lo aerobics, step & muscle toning. Basic movements. Suitable for intermediate to advanced fitness levels.

**TBT** - Tum/Bum/Thigh - Tone these areas using controlled and selective movements. Minimum co-ordination required. Suitable for all fitness levels.

**Rush Hour (30m)** – A high intensity workout for those who have limited time.

**Shape** - Group resistance training using body bars, dumbbells & steps. Changes your body shape while increasing strength & muscle endurance. All levels of fitness.

**Fat Burner** - Using basic aerobic & toning exercise designed to keep you working in the correct fat burning zone. Suitable for all fitness levels.

**Pilates** - A unique mat class consisting of stretching & strengthening which greatly improves posture, flexibility & balance.

**Fitness** - No frills workout with weights, body bars, dumbbells & steps. Suitable for low to advanced fitness levels.

**Aqua** - A fun workout combining muscle toning with cardio vascular conditioning without the stress on joints. Suitable for beginners to intermediate fitness level.

**Pump Circuit** – Toning and Fat Burning workout, lots of fun and variety

**Dynamo Workout** – Ultimate cardio and strength workout. A challenging no frills sweatathon using weights, tyres, ropes, suspension trainer and body weight exercises.

**Gentle Exercise** – Light exercise for the seniors

**Combat Fitness** – Combination of boxing & MMA without body contact.

**Power For Seniors** – For seniors who like a little more of a challenge.

**Yoga** – Hatha and Vinyasa styles.

**MMAXFIT** – MMAXFIT is a non combative, high intensity group fitness experience designed on exercise and techniques found in MMA. Suitable for males & females at all fitness levels.

**Foam Roller**– Helps release fascia trigger points, reduce muscle tension and reduce muscle soreness.

**Body Sculpt** – A non-impact class using free weights, combining both isolation and compound exercises as well as core activation to sculpt, strengthen and condition the entire body.

29/11/17