

# GROUP EXERCISE CLASSES INFO

<b>AQUAfit</b>	<p>The fitness class in water. This non-impact class will improve your fitness, stamina, strength and endurance. Using the water as resistance, you can make the work out as challenging or as easy as you like. This class is suitable for all ages, ability and fitness levels.</p> <p><b>INTENSITY:</b> LOW <b>COMPLEXITY:</b> LOW <b>DURATION:</b> 45MINS <b>LOCATION:</b> UNIACTIVE POOL</p>
<b>LES MILLS BODYPUMP</b>	<p>A barbell workout for anyone looking to get lean, toned and fit – fast! Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music.</p> <p><b>INTENSITY:</b> MEDIUM-LOW <b>COMPLEXITY:</b> LOW <b>DURATION:</b> 60 MINS   6:15AM TUES, THURS + 12:35PM MON, WED, FRI - 45 MINS <b>LOCATION:</b> THE STUDIO (LEVEL 1)</p>
<b>LES MILLS BODYBALANCE</b>	<p>Bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered.</p> <p><b>INTENSITY:</b> LOW <b>COMPLEXITY:</b> LOW <b>DURATION:</b> 60MINS <b>LOCATION:</b> REJUVENATE (GROUND FLOOR)</p>
<b>LES MILLS CXWORX</b>	<p>Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together. Using plates, resistance bands and bodyweight exercises you'll experience quick results in core strength and posture.</p> <p><b>INTENSITY:</b> MEDIUM <b>COMPLEXITY:</b> LOW-MEDIUM <b>DURATION:</b> 30MINS <b>LOCATION:</b> THE STUDIO (LEVEL 1)</p>
<b>LES MILLS RPM</b>	<p>Indoor Cycling - it's fun, low impact and burns loads of calories! With music pumping, your instructor takes you on a journey of hill climbs, sprints and flat riding. You will repeatedly reach your cardio peak then ease back down to take you fitness to another level.</p> <p><b>INTENSITY:</b> HIGH <b>COMPLEXITY:</b> LOW <b>DURATION:</b> 45MINS <b>LOCATION:</b> CYCLE STUDIO (LEVEL 1)</p>
<b>FMT CARDIO</b>	<p>A HIIT style class which includes intervals of work on the cardio machines as well as on the floor, using your own body to generate speed and power. This workout will produce a big calorie burn for any participant. All welcome.</p> <p><b>INTENSITY:</b> HIGH <b>COMPLEXITY:</b> LOW <b>DURATION:</b> 30MINS <b>LOCATION:</b> FMT ZONE (LEVEL 1)</p>
<b>FMT ATHLETIC</b>	<p>Athletic training for anyone who wants a challenging workout! We will get you fit fast and kick start your metabolic rate. Using TRX, sled, kettlebells, body weight exercises and plenty more! All fitness levels are welcome.</p> <p><b>INTENSITY:</b> HIGH <b>COMPLEXITY:</b> LOW <b>DURATION:</b> 30MINS <b>LOCATION:</b> FMT ZONE (LEVEL 1)</p>
<b>FMT STRENGTH</b>	<p>This program builds total body functional strength, muscular endurance and promotes the building of lean muscle. The strength workout is all about the "load effect" - performance under pressure using moderate to heavy loads. You'll have low to medium repetitions and working close to fatigue using a variety of training tools.</p> <p><b>INTENSITY:</b> MEDIUM-HIGH <b>COMPLEXITY:</b> LOW <b>DURATION:</b> 30MIN <b>LOCATION:</b> FMT ZONE (LEVEL 1)</p>

<b>CALM Yoga</b>	<p>CalmYOGA combines yoga and guided meditation to bring stillness to the mind. Poses are held for longer periods of time with a focus on floor based postures, to help improve flexibility and create the feeling of space and freedom in your body. The class will conclude with meditation and grounding Savasana.</p> <p><b>INTENSITY:</b> LOW <b>COMPLEXITY:</b> LOW <b>DURATION:</b> 60MINS <b>LOCATION:</b> REJUVENATE (GROUND FLOOR)</p>
<b>Yoga stretch</b>	<p>This class is about creating balance, stability and flexibility through a variety of poses. It will have you synchronise your mind, body and spirit to leave your feeling rejuvenated and revitalised.</p> <p><b>INTENSITY:</b> LOW <b>COMPLEXITY:</b> LOW <b>DURATION:</b> 60MINS <b>LOCATION:</b> REJUVENATE (GROUND FLOOR)</p>
<b>bodyBURN</b>	<p>Using a step platform, sculpt and tone your lower body and challenge your coordination as you 'step' to music!</p> <p><b>INTENSITY:</b> MEDIUM-HIGH <b>COMPLEXITY:</b> MEDIUM-HIGH <b>DURATION:</b> 60MINS <b>LOCATION:</b> THE STUDIO (LEVEL 1)</p>
<b>SculptNAbs</b>	<p>A low impact, full body workout using light hand weights. Ideal for upper and lower body toning and firming, with a large abdominal and core focus component.</p> <p><b>INTENSITY:</b> MEDIUM <b>COMPLEXITY:</b> LOW <b>DURATION:</b> 60MINS <b>LOCATION:</b> THE STUDIO (LEVEL 1)</p>
<b>cardioBOX</b>	<p>Punch it out! A cardiovascular workout to burn calories, build stamina and tone muscles. Using boxing gloves and focus mitts to learn boxing technique, drills and combos.</p> <p><b>INTENSITY:</b> MEDIUM-HIGH <b>COMPLEXITY:</b> LOW <b>DURATION:</b> 60MINS <b>LOCATION:</b> SPORTS HALL (GROUND FLOOR)</p>
<b>LES MILLS BODYATTACK</b>	<p>This is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to 730 calories and leaving you with a sense of achievement.</p> <p><b>INTENSITY:</b> MEDIUM-HIGH <b>COMPLEXITY:</b> MEDIUM <b>DURATION:</b> 60MIN   TUE 12PM- 30MIN AND WED 6:15AM - 45MINS <b>LOCATION:</b> THE STUDIO (LEVEL 1)</p>

\* Strictly no entry to classes 5mins after the advertised starting time. Class ticket must be collect prior to the advertised start time or your place may be given to another person. Please bring a towel to all classes. You must be aged 16yr or over to attend BodyPump, FMT Athletic and CardioBox and 14yrs or over for all other classes. For more information about booking and attending classes please read the class booking policy.

# UNIACTIVE