



## GROUP EXERCISE CLASS DESCRIPTION

<b>AQUAFIT</b>	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. INTENSITY: LOW COMPLEXITY: LOW DURATION: 45MINS LOCATION: UNIACTIVE POOL
<b>LESMILLS BODYPUMP</b>	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. INTENSITY: MEDIUM–LOW COMPLEXITY: LOW DURATION: 45 -60MINS - LOCATION: THE STUDIO (LEVEL 1)
<b>LES MILLS BODYBALANCE</b>	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 centred. INTENSITY: LOW COMPLEXITY: LOW DURATION: 60MINS LOCATION: REJUVENATE (GROUND FLOOR)
<b>LES MILLS CXWORX</b>	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 favourite 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. INTENSITY: MEDIUM COMPLEXITY: LOW-MEDIUM DURATION: 30MINS LOCATION: THE STUDIO (LEVEL 1)
<b>LESMILLS RPM</b>	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. INTENSITY: HIGH COMPLEXITY: LOW DURATION: 45MINS LOCATION: CYCLE STUDIO (LEVEL 1)
<b>LES MILLS BODYATTACK</b>	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. INTENSITY: MEDIUM-HIGH COMPLEXITY: MEDIUM DURATION: 45MIN   TUE 12PM- 30MIN LOCATION:THE STUDIO (LEVEL 1)
<b>FMT ATHLETIC</b>	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. INTENSITY: HIGH COMPLEXITY: LOW DURATION: 30MINS LOCATION THE STUDIO OR FMT ZONE (LEVEL 1)
<b>FMT STRENGTH</b>	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. INTENSITY: MEDIUM–HIGH COMPLEXITY – LOW DURATION -30MINS LOCATION THE STUDIO OR FMT ZONE (LEVEL 1)

<b>YOGASTRETCH</b>	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. INTENSITY: LOW COMPLEXITY: LOW DURATION: 60MINS LOCATION: REJUVENATE (GROUND FLOOR)
<b>BODYBURN</b>	Using a step platform, sculpt and tone your lower body and challenge your coordination as you 'step' to music! INTENSITY: MEDIUM–HIGH COMPLEXITY: MEDIUM–HIGH DURATION: 45MINS LOCATION: THE STUDIO (LEVEL 1)
<b>SCULPT N ABS</b>	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. INTENSITY: MEDIUM COMPLEXITY: LOW DURATION: 45 - 60MINS LOCATION: THE STUDIO (LEVEL 1)
<b>HEALTH 4 LIFE</b>	This over 55's class is specifically designed to improve your mobility, strength, flexibility fitness, agility, stamina and endurance. Reap the benefits of being physically active in a social fun environment. INTENSITY: LOW-MED COMPLEXITY: LOW-MED DURATION: 45MINS LOCATION: UniActive IC
<b>OUTDOOR X-TRAIN</b>	If you're after variety, and achieving the balance of cardio, strength and core – then CROSS TRAIN you see you tick all three boxes. Enjoy sessions that mix it up and give you a full body workout. INTENSITY – MED COMPLEXITY – LOW DURATION 45MINS OVAL 2
<b>OUTDOOR CORE &amp; CARDIO</b>	Have you ever been told to “ <i>work on your core</i> ” – but don't want to lose out on the sweat and endorphin rush of your cardio session? This session will combine running, cardio sets, agility, plyometric and pilates focused exercises. CardioCore will allow you to feel like you've had a solid workout, and ensure you've done those integral exercises that will assist in improved cardio fitness, core stability and injury prevention. INTENSITY – MED COMPLEXITY MED DURATION 45MINS HOCKEY FIELD