

AQUAFIT	<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>INTENSITY: LOW COMPLEXITY: LOW DURATION: 45MINS LOCATION: UNIACTIVE POOL</p>
LESMILLS BODYPUMP	<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>INTENSITY: MED–LOW COMPLEXITY: LOW DURATION: 45 -60MINS LOCATION: GX STUDIO</p>
LES MILLS BODYBALANCE	<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 centred.</p> <p>INTENSITY: LOW COMPLEXITY: LOW DURATION: 60MINS LOCATION: REJUVENATE</p>
LES MILLS CORE	<p>Exercising muscles around the core, LM CORE 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.</p> <p>INTENSITY: MEDIUM COMPLEXITY: LOW-MED DURATION: 30-45MINS LOCATION: GX STUDIO</p>
LESMILLS RPM	<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>INTENSITY: HIGH COMPLEXITY: LOW DURATION: 45MINS LOCATION: CYCLE STUDIO</p>
LES MILLS BODYATTACK	<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>INTENSITY: MEDIUM-HIGH COMPLEXITY: MEDIUM DURATION: 45-60MIN LOCATION:GX STUDIO</p>
FMT ATHLETIC	<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>INTENSITY: MEDIUM-HIGH COMPLEXITY: LOW DURATION: 30-60MINS LOCATION: FMT ZONE & IC</p>
FMT STRENGTH	<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>INTENSITY: MEDIUM–HIGH COMPLEXITY – LOW DURATION -30-60MINS LOCATION: FMT ZONE & IC</p>
YOGA STRETCH	<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>INTENSITY: LOW COMPLEXITY: LOW DURATION: 60MINS LOCATION: REJUVENATE</p>
YOGA	<p>Consciously linking the movement of the body to the movement of the breath, these classes are a dynamic, flowing practice which leads you through a balanced series of postures to strengthen and build flexibility, promoting physical stamina and a sense of deep inner calm.</p> <p>INTENSITY: LOW COMPLEXITY: LOW. DURATION: 60MIN LOCATION: IC</p>

<p>BODYBURN</p>	<p>Using a step platform, sculpt and tone your lower body and challenge your coordination as you 'step' to music! INTENSITY: MED– HIGH COMPLEXITY: MED–HIGH DURATION: 45MINS LOCATION: GX STUDIO</p>
<p>BODYPUMP/LM CORE COMBO</p>	<p>Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. This combo class hits the big muscle groups in the first half of the class. For the second half of the class you will be exercising muscles around the core. LM CORE provides the vital ingredient for a stronger body. Using plates, resistance bands and bodyweight exercises you'll experience quick results in core strength and posture. INTENSITY: MEDIUM COMPLEXITY: LOW-MED DURATION: 55MINS LOCATION: GX STUDIO</p>
<p>HEALTH 4 LIFE</p>	<p>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: IC</p>
<p>OUTDOOR CARDIO</p>	<p>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 LOCATION: HOCKEY TURF OR FMT ZONE IF RAINING</p>
<p>CARDIO BOX</p>	<p>This class will test and improve your cardiovascular fitness! The work-out incorporates boxing with a partner, but utilising running, pushups, squats and other cardio-based activities to give you a full body workout! No boxing skills are required, we will teach you them! <u>NB: All participants must BYO boxing gloves and inners. These are for sale at UniActive reception.</u> INTENSITY: HIGH COMPLEXITY: MEDIUM DURATION: 60MIN LOCATION: BOTH WC AND IC CAMPUSES</p>
<p>HIIT CYCLE</p>	<p>High intensity cycle HIIT workout! This class will increase your cardiovascular capacity, test you mentally and physically and is guaranteed to leave you feeling absolutely satisfied for smashing out a tough workout! Better yet, it will get those feel good endorphins soaring. Short, effective and energising INTENSITY: HIGH COMPLEXITY: LOW DURATION 30MINS LOCATION: CYLE STUDIO</p>
<p>LES MILLS SHBAM</p>	<p>SH'BAM is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can! SH'BAM is available as either a 45 or 30-minute workout. INTENSITY: LOW-MED COMPLEXITY: LOW DURATION 45 MINS LOCATION: GX STUDIO</p>