

# UniActive Group Fitness Descriptions

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><b>INTENSITY: LOW COMPLEXITY: LOW DURATION: 45MINS LOCATION: WC UNIACTIVE POOL</b></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><b>INTENSITY: MED-LOW COMPLEXITY: LOW DURATION: 45 -60MINS LOCATION: GX STUDIO</b></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><b>INTENSITY: LOW COMPLEXITY: LOW DURATION: 60MINS LOCATION: REJUVENATE</b></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><b>INTENSITY: MEDIUM COMPLEXITY: LOW-MED DURATION: 30-45MINS LOCATION: GX STUDIO</b></p>
LESMILLS RPM	<p>RPM™ combines hit music with the motivational power as you venture on a journey of hill climbs, sprints and flat riding. The workout is based on maintaining your heart rate at an aerobic training base (between 60 and 80 percent of your maximum heart rate) with interspersed peaks of intensity (pushing you to 85 to 90 percent of your max). This specific blend of steady-state and high-intensity builds cardio endurance, and also drives the transformative fat-burning effects associated with high-intensity interval training.</p> <p><b>INTENSITY: HIGH COMPLEXITY: LOW DURATION: 45MINS LOCATION: CYCLE STUDIO</b></p>
LESMILLS SPRINT	<p>LES MILLS SPRINT® is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results. The 30 minutes you put into a LES MILLS SPRINT workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.</p> <p><b>INTENSITY: HIGH COMPLEXITY: LOW DURATION: 30MINS LOCATION: CYCLE STUDIO</b></p>
LESMILLS BODYPUMP/CORE COMBO	<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.</p> <p><b>INTENSITY: MEDIUM COMPLEXITY: LOW-MED DURATION: 55MINS LOCATION: GX STUDIO</b></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><b>INTENSITY: MEDIUM-HIGH COMPLEXITY: MEDIUM DURATION: 45-60MIN LOCATION:GX STUDIO</b></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><b>INTENSITY: MEDIUM-HIGH COMPLEXITY: LOW DURATION: 30-60MINS LOCATION: FMT ZONE &amp; IC CAMPUS</b></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><b>INTENSITY: MEDIUM-HIGH COMPLEXITY - LOW DURATION -30-60MINS LOCATION: FMT ZONE</b></p>
FMT CARDIO	<p>This 45min class will focus on sets of high intensity interval training (HIIT) utilising our specific HIIT cardio equipment such as Assault bikes; Assault runner; Arm Ergs; Ski Ergs; Rowers as well as other stations optimising to train you in your upper anaerobic zone.</p> <p><b>INTENSITY: HIGH COMPLEXITY: LOW DURATION 45MINS LOCATION: FMT ZONE</b></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><b>INTENSITY: LOW COMPLEXITY: LOW. DURATION: 60MIN LOCATION: WC REJUVENATE AND IC OCEAN ROOM</b></p>
OVER 55'S FITNESS	<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.</p> <p><b>INTENSITY: LOW-MED COMPLEXITY: LOW-MED DURATION: 45MINS LOCATION: IC and WC</b></p>
CARDIOBOX	<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! <b>NB: All participants must BYO inners. These are for sale at UniActive reception</b></p> <p><b>INTENSITY: HIGH COMPLEXITY: MED DURATION 45-60 MINS LOCATION: GX STUDIO AND IC CAMPUS</b></p>
RIG STRENGTH	<p>A 45min small group class carried out in the rig area on the gym floor. Combining primary strength exercises such as squats, Deadlifts, Bench Press, Pull ups etc. along with supporting exercises to strengthen the secondary muscles. Working in a rep range that will focus on building muscles and increasing your strength. Be motivated by your coach and fellow lifters to hit your lifting and fitness goals.</p> <p><b>INTENSITY: MEDIUM-HIGH COMPLEXITY: MED DURATION 45 MINS LOCATION: RIG ON GYM FLOOR</b></p>