

CLASS	DESCRIPTION	INTENSITY	COMPLEXITY	DURATION	LOCATION
LES MILLS BODYPUMP	Experience the fast track to a lean, toned, and fit body with our BODYPUMP™ barbell workout. Using light to moderate weights and high reps, you'll enjoy a complete body workout. Our skilled instructors will lead you through the scientifically-proven exercises while pumping out motivation, encouragement, and awesome music.	LOW-MED	LOW	45-60MIN	GX STUDIO
LES MILLS BODYBALANCE	Discover the perfect blend of yoga, Tai Chi, and Pilates in our class. We'll guide you through gentle stretches and movements, all while emphasising controlled breathing. Whether you're new or experienced, our instructors offer options for everyone. By the end, you'll not only strengthen your body but also find a sense of tranquility and balance that will stay with you.	LOW	LOW	60MIN	GX STUDIO
LES MILLS CORE	Join LM CORE to boost your core strength – the key to a stronger you! A solid core improves your performance in daily activities and sports, acting like the glue that ties it all together. With plates, resistance bands, and bodyweight exercises, you'll see rapid improvements in your core strength and posture.	MEDIUM	LOW-MED	30-45MIN	GX STUDIO
LES MILLS RPM	Get ready to pedal to the beat with RPM! We'll take you on a musical journey filled with hill climbs, sprints, and flat rides. Our workout keeps your heart rate in the aerobic zone (60-80% of your max), punctuated by bursts of intensity (85-90% of your max). This unique mix of steady-state and high-intensity exercises boosts cardio endurance and torches fat, thanks to the magic of high-intensity interval training.	HIGH	LOW	45MIN	WC CYCLE STUDIO
LES MILLS BODYPUMP X CORE	Ready to get fit all over? Join BODYPUMP™ for a total body workout using light to moderate weights and plenty of reps. In the first half, we target the major muscle groups. Then, shift gears in the second half to focus on your core muscles. And if you're looking for even more core strength, check out LM CORE, where we use plates, resistance bands, and bodyweight exercises to deliver quick and effective results. Strengthen your core and posture with us today!	MEDIUM	LOW-MED	55MIN	GX STUDIO
LES MILLS BODYBALANCE X CORE	Join us at LM CORE to strengthen your core muscles, a crucial element for a stronger body. With the help of plates, resistance bands, and bodyweight exercises, you'll quickly see improvements in your core strength and posture. Afterward, unwind and enhance your mobility and flexibility in our BODYBALANCE class. It's the perfect way to make your body feel fantastic.	LOW-MED	LOW-MED	60MIN	GX STUDIO
RIDE	Experience the future of cycling with our music-driven, tech-infused, power-based cycle training! Inspired by the sport of cycling, our high-energy, low-impact workouts will transport you on a fitness journey like no other. Discover a new level of fitness as you race, climb, sprint, and attack your way through each stage, all powered by a purpose-designed, awe-inspiring soundtrack.	HIGH	LOW	45MIN	WC CYCLE STUDIO
ZUMBA FITNESS	Get ready to groove at our dance fitness party! We've got a mix of low and high-intensity moves that come together for an interval-style dance extravaganza. With Latin and chart-topping music, our classes are all about bringing people together and breaking a sweat. Join us, move to the rhythm, and have a blast while getting fit!	MEDIUM	MEDIUM	45MIN	GX STUDIO & IC CAMPUS
AQUAFIT	Dive into our water fitness class! It's a low-impact, high-reward workout that boosts your fitness, stamina, strength, and endurance. Utilising water as resistance, you can customise the intensity to suit your preferences. No matter your age, ability, or fitness level, this class is perfect for everyone.	LOW	LOW	45MIN	WC UNIACTIVE POOL
FMT ATHLETIC	Join our athletic training for an intense and invigorating workout! We're here to help you get in shape quickly and rev up your metabolism. With a mix of TRX, sled, kettlebells, bodyweight exercises, and more, you'll experience a dynamic and challenging session. Everyone, regardless of their fitness level, is welcome to join.	MED-HIGH	LOW	45-60MIN	WC FMT ZONE & IC CAMPUS
FMT STRENGTH	Join our program to build total body strength, enhance muscular endurance, and achieve lean muscle gains. Our strength workouts focus on the “load effect” – pushing your performance under pressure with moderate to heavy loads. You'll engage in low to medium repetitions, working until you're close to fatigue, all while using a variety of training tools.	MED-HIGH	LOW	30-60MIN	WC FMT ZONE
YOGA	Experience the perfect harmony of body and breath in our dynamic, flowing classes. We'll guide you through a balanced sequence of postures that build strength, flexibility, physical endurance, and cultivate a profound inner calm. Join us in consciously connecting movement with breath for a transformative practice that nurtures both body and mind.	LOW	LOW	60MIN	WC REJUVENATE STUDIO & IC OCEAN ROOM
OVER 55'S	Our dedicated class for those over 55 is designed to boost your mobility, strength, flexibility, fitness, agility, stamina, and endurance. Join us to enjoy the rewards of an active lifestyle in a friendly, social, and enjoyable atmosphere. Come be a part of the fun while enhancing your overall well-being!	LOW-MED	LOW-MED	45MIN	IC & WC
CARDIOBOX	Ready to elevate your cardiovascular fitness? Our class is a dynamic blend of partner boxing, running, pushups, squats, and other heart-pounding cardio activities that deliver a full-body workout. Don't worry if you're new to boxing; we'll teach you the ropes! Please remember to bring your own inners (available for purchase at UniActive reception).	HIGH	MEDIUM	45-60MIN	GX STUDIO & IC CAMPUS
RIG STRENGTH UPPER/LOWER	Join our small group class on the gym floor, in the rig area! We combine essential strength exercises like squats, deadlifts, bench presses, pull-ups, and more, along with supporting exercises to fortify secondary muscles. You'll work within a targeted rep range to build muscle and enhance your strength. Our coach and fellow lifters will keep you motivated as you strive to reach your lifting and fitness objectives. You can even choose between upper or lower body focus in our Rig Strength classes.	MED-HIGH	MEDIUM	45MIN	RIG ON GYM FLOOR
PILATES	Discover the transformative power of Pilates, where we train your body as a harmonious whole. Our class emphasizes core, lower body, and upper body strength, alongside flexibility and posture improvement. You'll experience enhanced strength, balanced muscle development, increased flexibility, and a broader range of motion.	MEDIUM	MEDIUM	45MIN	GX STUDIO & IC CAMPUS
TEEN STRENGTH	Calling all teens aged 12-17! Join our structured small group training sessions designed to help you master the fundamentals of weight training in the gym. Our qualified trainer will coach you in proper form and technique, with a focus on key lifts like deadlifts, squats, and bench presses. You'll also learn how to progress exercises and weights safely, maximising your strength gains. These 45-minute sessions are perfect for all fitness levels and gym experience.			45MIN	WC FMT ZONE