

UniActive Group Fitness Class Descriptions

AQUAFIT	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: WC UNIACTIVE POOL
LESMILLS BODYPUMP	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: MED COMPLEXITY: LOW-MED DURATION: 45 -60MINS LOCATION: GX STUDIO
LESMILLS BODYPUMP HEAVY	a tempo-based weightlifting that switches on your metabolic engine to build lean muscle like nothing else. Drawing on traditional lifting techniques, each class challenges strength, builds lean muscle, and drives measurable performance gains. It's simple to do and the slow tempo with lots of recovery periods allows for expert coaching, so you master form and technique. INTENSITY: MED COMPLEXITY: LOW DURATION: 45 -60MINS LOCATION: GX STUDIO
LES MILLS BODYBALANCE	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
LES MILLS CORE	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. INTENSITY: MEDIUM COMPLEXITY: LOW-MED DURATION: 30-45MINS LOCATION: GX STUDIO
LESMILLS RPM	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. INTENSITY: HIGH COMPLEXITY: LOW DURATION: 45MINS LOCATION: CYCLE STUDIO
RIDE	MUSIC DRIVEN - TECH INFUSED- POWER BASED CYCLE TRAINING- Inspired by the sports of Cycling, our Music Driven workouts will take you on the ultimate RIDE with a High-Energy, Low Impact fitness journey Like No Other. Unlock a new level of fitness as you Race, Climb, Sprint, & Attack your way through each stage of your workout, driven by a purpose-designed, awe-inspiring soundtrack. INTENSITY: HIGH COMPLEXITY: LOW DURATION:45MINS LOCATION: CYCLE STUDIO
HYROX	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: MEDIUM-HIGH COMPLEXITY: LOW DURATION: 45-75 MINS LOCATION: FMT ZONE & IC CAMPUS
FMT ATHLETIC	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: MEDIUM-HIGH COMPLEXITY: LOW DURATION: 45-60 MINS LOCATION: HUB & IC CAMPUS
FMT STRENGTH	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 - 45-60MINS LOCATION: HUB & IC CAMPUS
CREW CONDITIONING	A fun, inclusive workout designed to get everyone moving together. The session features strength and athletic-style exercises, with the main focus on teamwork, connection, and fun. Expect a supportive group atmosphere and team-based challenges. INTENSITY: MEDIUM-HIGH COMPLEXITY – LOW DURATION – 75 MINS LOCATION: HUB
YOGA	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. INTENSITY: LOW COMPLEXITY: LOW DURATION: 60MIN LOCATION: WC REJUVENATE AND IC CITY FUNCTION ROOM
OVER 55'S FITNESS	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 and WC
PILATES	Pilates trains the body as an integrated whole, focusing on core, lower body, and upper body strength as well as flexibility and posture. This class promotes strength, balanced muscle development, flexibility, and increased range of motion for the joints. INTENSITY: MEDIUM COMPLEXITY: MEDIUM DURATION 45 LOCATION: GX STUDIO AND IC CITY FUNCTION ROOM
TEEN STRENGTH	This is a structured, small group training session for teens (12-17) wanting to learn and master the fundamentals of weight training in the gym. A qualified trainer will coach proper form and technique with an emphasis on the key lifts such as deadlifts, squats, and bench presses. Participants will also learn how to progress exercises and weight to effectively build strength gaining the most out of their training in a safe and interactive environment. Sessions are 45 minutes and suitable for all levels of fitness and experience in the gym. INTENSITY: MEDIUM-HIGH DURATION: 45MIN LOCATION: FMT ZONE WOLLONGONG CAMPUS
ZUMBA	A mix of low and high intensity, interval-style moves that come together for a dance fitness party! With its contagious blend of Latin and chart topping music each class is designed to bring people together and work up a sweat. This class will get you moving to the music and having a good time. INTENSITY: MEDIUM COMPLEXITY: MEDIUM-HIGH DURATION: 45MIN LOCATION: GX STUDIO
RIG STRENGTH UPPER BODY/LOWER BODY	A 45min small group session carried out the rig. 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. Select which Rig Strength class you attend to focus on upper or lower body strength and conditioning. INTENSITY: MEDIUM-HIGH COMPLEXITY: MEDIUM DURATION 45 MINS LOCATION: HUB
REFORMER PILATES	Reform Pilates is a whole body workout. It's designed to improve strength and boost flexibility, balance, posture and coordination. The reformer is a bed-like machine that moves back and forward and features functionalities (i.e. springs) to increase resistance as you workout. For all fitness levels. INTENSITY- LOW-MED COMPLEX- LOW-MED LOCATION- REJUVENATE
PILATES BARRE	These classes take the basic foundations of Pilates and combine them with ballet-inspired moves, like pliés and attitudes, as well as incorporating elements of dance and strength training. Pilates Barre enhances your posture, core strength, alignment of the joints and improves balance. INTENSITY: MEDIUM COMPLEXITY: MEDIUM DURATION 45 LOCATION: GX STUDIO

