

SPINNING	Indoor cycling that improves cardiovascular health, helps in weight loss and improves lower body tone.
POWER PLAY	Improve fitness, strength and power with our challenging circuit style exercises, tasks and games
CARDIO 3	For all levels of ability. A mix of floor exercises and cardio machines. Full of support and fun!
METAFIT	Change your resting metabolism, work big muscle groups, simple choreography, high intensity, interval training.
GENERATOR	Improves fitness, strength and power with our challenging circuit style exercises, tasks and games
BOX & BURN	Improves cardiovascular health, muscle tone and coordination
RE-FLEX	Remove stress, relax and improve your flexibility through traditional stretches.
YOGA	Increase flexibility and posture, great immunity boost and helps in stress management and relaxation
BODY BALANCE	Highly focused, controlled body movements to strengthen your posture, improve your muscle imbalances and reactivate your small muscles to optimise overall musculoskeletal function and alignment
GOLD FIT	Designed for the young at heart, structure to give senior citizens back their independence through fitness and wellbeing exercises
COMMUNITY FIT	A group class for individuals within community care. Every session you will learn something new. Koha donation for non-members
TRX	Perform a wide range of exercises with full range of motion. Build strength, balance and functional agility with the assistance of suspension straps that are suspended from the ceiling
Y-WEIGHTS	A system of conditioning involving lifting weights with good technique for strength and endurance. A Great alternative to cardio
AB BLAST	Build strong abdominal muscles to help strengthen lower back, improve posture and reduce lower back pain



# GROUP EXERCISE CLASSES 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00am	Spinning ①②③④⑤	Box & Burn ①②③④⑤	Generator ①②③④⑤	Cardio 3 ①②③	Re-Flex ①		
06:45am	AB Blast ①②③④⑤		Spinning ①②③④⑤	Box & Burn ①②③④⑤	Spinning ①②③④⑤		
08:30am						Cardio 3 ①②③	
09:00am	Body Balance ①②③	Cardio 3 ①②③	Power Play ①②③④⑤	Re-Flex ①			Yoga ①②③
09:30am						Box & Burn ①②③④⑤	
10:30am		Gold-Fit ①②		Gold-Fit ①②			TRX ①②③④
11:30am	Community Fit ①②						
12:30pm		Yoga ①②③		TRX MAX ①②③④⑤			
05:30pm	Spinning ①②③④⑤	Y-Weights ①②③④	Yoga ①②③	Y-Weights ①②③④			
05:30pm			Box & Burn ①②③④⑤				
06:15pm	Power Play ①②③④⑤	Metafit ①②③④⑤	Cardio 3 ①②③				