

<b>POWER BAR</b>	RAISE-THE-BAR in our full body strength class that incorporates the use of barbells and dumbbells to suit the individual participant.
<b>AQUA</b>	A great workout in the pool, focusing on a combination of cardio and resistance exercises to maintain and increase your fitness levels.
<b>HIIT CIRCUIT</b>	Blitz away unwanted fat in less time in this high intensity interval training class. Give 100% effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.
<b>CONQUER</b>	Set the tone for the week! CONQUER and double the burn in this hybrid class which combines 30mins of Boxing and 30mins of HIIT (High-Intensity Interval Training).  <b><i>MUST BRING OWN BOXING GLOVES AND FOCUS MITTS</i></b>
<b>ZUMBA</b>	A combination of Latin and International music with dance moves.
<b>HEALTHY FOR LIFE</b>	HEALTHY FOR LIFE is a low-impact strength and balance class for older adults delivered in a relaxed social environment. Improve your health and well-being and increase your social interaction and community connection.
<b>YOGA</b>	Revitalise your body, relax your mind, and reduce stress with slow, gentle standing flows and floor poses to increase your strength and flexibility, and improve breath capacity.  <b><i>MUST BRING OWN MAT</i></b>

<b>HIIT HARDER</b>	A class with a lot of energy and enthusiasm. Learn the basics and fundamentals of boxing while building stamina and improving hand-eye coordination.  <b><i>MUST BRING OWN BOXING GLOVES AND FOCUS MITTS</i></b>
<b>SPIN CIRCUIT</b>	A combination of strength circuits and spin/cycling to give you a HIIT workout that focuses on high-intensity cardio with a contrasting high volume of strength workouts.
<b>HIIT STRENGTH</b>	A fast paced High-Intensity resistance training route to building more muscle and burning fat faster than before!  HIIT Strength runs on a 3 week rotation system focusing on upperbody week 1, lowerbody week 2 and full body week 3 then repeat cycle.
<b>MAT PILATES</b>	Build body awareness, core strength, balance and flexibility with classical Pilates mat exercise supplemented with resistance bands, toning rings, balls and weights.
<b>BOOT CAMP</b>	BOOT CAMP uses different tools, drills, exercises, plyometrics and cardio. Good for those looking at kickstarting their morning.
<b>ABT</b>	A high-burn fun class for ALL fitness levels and abilities designed to work ABS, BUTT & THIGHS.
<b>STRETCH &amp; MOBILITY</b>	Our coach will lead you through a structured, 30-minute stretching session, while educating you on the value and importance of each movement. These classes are perfect to take on their own, or they can be taken either before or after a high-intensity class, as the primary focus of Stretch and Mobility is to care for your muscles and joints!