



# FASTER. BETTER. STRONGER.

HIIT Fit A fast paced interval training class to energise and keep you strong.

Body Con: An intense all body workout.

Core : An intense class, working the whole core.

Circuits: Strength & resilience training going from 'station' to 'station'.

Barre Fit: For all abilities - improving posture, increased flexibility + de-stress.

Full Body: Varied 'stations' in Tabata style working full body!

HIIT fit: Cardio and strength class high intensity interval training.

LBT: A fun workout aimed to tone those Legs, Bums & Tums!

Spin: Indoor cycling that pushes your endurance levels.

Tabata: Hiit lunchtime hard with this energetic timed workout.

Zumba: Fun & exhilarating dance class.

Mash-up Monday: Full body posture and movement based fitness.

Combination Yoga: A mix of flexibility, cardio and core strength.

Flow Yoga: A Yoga practice of movement and breath to challenge mind and body. Strengthening, lengthening, and re-balancing.

FitBall: A fitness class utilizing the benefits of the Swiss Ball, aiding core and posture.

Pilates: Designed to target core stability, flexibility and mobility.

Power Yoga: A more intense style of Flow with power core holds.

Flex Yoga: Focusing on mobility with strength.

Yin & Yang Yoga: A combination of dynamic and postures. A great mix!

Core Yoga: Pilates mixed with yoga for a great strength and posture workout.

Myofascial Movement: A functional approach to yoga, training the myofascial system.

Core—Barre: Using floor core exercises for increased core strength & structure

Moon Flow Yoga: Poses such as mountain, star, pyramid & triangles to calm the body.

Our classes are free for all members, please **sign in** at the front desk 10 minutes before the class starts to book your space.