

Class descriptions

Hardcore abs – 30 mins of hardcore conditioning. Expect to challenge your abs in ways you didn't think were possible!

Hardcore Legs – 30 minutes of hardcore intensity focusing on the lower body.

Box Fit – This class is a boxing orientated workout using focus mitts, boxing gloves and kick shields and is a serious calorie burner. The instructor will show you correct boxing technique whilst making the workout heaps of fun. It is suitable for beginners through to intermediates.

Rockhard glutes – Everyone dreams of a sexy bum and legs...well now is your chance to work for it! This 45 minute class specifically works on smashing your bum, legs and abs until you have nothing left.

Dancefit – A fusion between fitness, funk, latin and modern rhythms all packed into a fun-filled class. No matter what level you are at come join the party and shake your booty!!

Cycle – a 45 minute freestyle group cycling class aimed to make you sweat and melt away those calories!

Pumped/Circuits – A circuit style weight training class designed to tone and sculpt your body using motivating music to get you there!

Yoga – Have you been searching for a way to de-stress and slow down your busy life? Search no more! These exercises will do just that. Yoga is packed full of precise posture, breathing exercises, meditation, flexibility and balance.

Fat Attack - Need to burn calories? Then this is the class for you. It combines spin, skipping, kick-boxing and any way the instructor can think of to blast those stubborn fat areas!!

Bootcamp – Time to get serious! You'll need to bring you're 'A' game to this 1 hour high intensity class. Alternating exercises to keep your heart rate up and push your body to the absolute limit.

Glove inners must be worn to all boxing classes and can be purchased from reception for \$3 or hand wraps available for \$9.95