










GROUP FITNESS CLASS DESCRIPTIONS

	<p>The world's most popular group fitness program guaranteed to change your shape. Body Pump is a revolutionary non-impact weight training workout for all the major muscle groups of your body, using adjustable weight-loaded barbells in an energy-charged class to music. Body Pump will assist you with building lean muscle mass, rapid fat burning and increasing your bone density. Suitable for all fitness levels.</p>
	<p>A revolution in mind/body training that draws from eastern disciplines such as yoga and tai chi, together with new methods such as Pilates. Body Balance is a dynamic fitness to music program that will leave you feeling relaxed and renewed. You'll stand straighter, feel stronger and become more flexible, whilst becoming more physically & mentally aware. Suitable for all fitness levels.</p>
	<p>A fiercely energetic workout to music borrowing a mix of moves and stances from a range of self-defence disciplines including Karate, Tai Chi, Kickboxing, Tae Kwon Do and Muay Thai. Guaranteed to raise fitness levels while "fighting" calories and cholesterol. Jab, hook and kick your way to awesome cardiovascular fitness and great muscle definition. Recommended for people of all ages and fitness levels.</p>
	<p>BODYATTACK® is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises.</p>
	<p>Looking for a short sharp 30 minute workout that'll inspire you to the next level of fitness, while strengthening and toning your body? CXWorx is for you! CXWorx really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.</p>
	<p>GRIT Strength is a 30 minute high intensity interval training workout that takes you into overdrive to go hard, push harder and get you fitter, super-fast. The short sharp demanding exercises combine weightlifting, running and plyometrics for full body workout that increases aerobic capacity, strength, muscular endurance, metabolism and power.</p>
	<p>RPM is an indoor cycling class for developing your cardio fitness. Burning up to 600 calories in a hour session, spin will whip you into shape! You ride to inspirational music over the equivalent 20-25 kilometres of varied terrain, controlling the intensity of your workout with a resistance dial and a pedal speed. RPM is great for all fitness levels. Also has 30 minute express format.</p>
	<p>Take your training to the next level with a workout that's all about quick results. LES MILLS SPRINT is built on the science of high-intensity interval training (HIIT). It's a quick and hard style of training that returns rapid results with minimal joint impact. It features bursts of intensity where you work as hard as possible, followed by periods of rest that prepare you for the next effort. The payoff is you burn calories for hours after a good HIIT workout</p>



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	<p>MetaPWR (MetaPower) is a thirty minute functional training circuit class that combines resistance and bodyweight exercises to target and develop strength, power, agility, and cardiovascular efficiency.</p>
	<p>METAFIT is a style of HIIT and is designed to boost your fitness, rocket your energy levels & get massive results in the shortest amount of time possible. It gets results because it... Creates a Metabolic Disturbance. Increases your Resting Metabolic Rate. Increase Fat Burning.</p>
	<p>THUMP Boxing classes are one of the most effective methods to lose weight, tone muscles, and build strength. Classes involve mainly boxing combinations, cardio drills and specific boxing exercises. This class is designed for beginner to advanced levels of fitness. Workout includes using upper and lower body and is great for anyone wanting to increase their cardio vascular fitness and lose those unwanted kilos.</p>
	<p>C30 is a 30 minute circuit training class. It targets strength building or muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program. When one circuit is complete, one begins the first exercise again for the next circuit. Circuit training is the most time efficient way to enhance cardiovascular fitness and muscle endurance.</p>
	<p>Boxing is one of the most demanding but also most rewarding forms of exercise training. It conditions your entire body and provides one of the most challenging and enjoyable workouts of any sport. This class will increase self discipline and self confidence, increase agility, speed, coordination, endurance and strength. Unlike most forms of training, reflexes are also improved and skills are learnt.</p>
	<p>A low to medium intensity class designed to improve your balance, strength, stamina, flexibility and postural alignment whilst having fun and meeting new people in a group situation.</p>

