

### Studio Cycling

On our Keiser M3 indoor bikes you are guaranteed the 'ride of your life'. Taking you through a high energy journey our instructors will guide you up climbs, drive you along sprints, and get you moving for a great cardiovascular fitness booster.



### BODYPUMP

The original whole-body barbell weights workout. We are true believers that weight based workout change body shapes faster, if the gym isn't for you, this is the class you need. GET LEAN, TONE MUSCLE, GET FIT.



### Boot Camp

A combination of different, fun and intense training methods, this class is the perfect class for anyone wanting to add the edge to their 'summer body' gym routine!



### Pilates

Pilates is an exercise system that focuses on stretching and strengthening the whole body to improve balance, muscle-strength, flexibility and posture. Pilates helps improve fitness and will challenge all abilities.



### Body Conditioning

This is fast paced, fun and exciting variation of circuit training, all abilities welcome as you work at your own pace! Ideal for those who are finding their normal routine a bit repetitive and looking for something new!



### Legs, Bums & Tums

If you are after a flat stomach, to tone your legs and bum then this is for you! A light hearted class that uses body weight exercises, with aerobic training, and toning, to increase stamina and cardiovascular fitness.



### Yoga

Yoga is an ancient form of exercise focusing on strength, flexibility and breathing to boost physical and mental wellbeing. Yoga's main components are postures and breathing, that are increased by a series of movements.



### Back to Netball

Provides women of all ages with a gentle re-introduction to the sport. Run by passionate and enthusiastic coaches, sessions cover the basics of the game including passing, footwork and shooting.



### Cardio Tennis

Cardio Tennis improves fitness levels, tones and shapes key muscle groups, burns calories for a leaner body, improves Tennis skills...all in a fun, sociable class set on a Tennis court.

