

# GROUP FITNESS 2017



## VIRTUAL CYCLE

Virtual cycle runs in our cycle room with a large projector screen. Classes run at different lengths but are suitable for all fitness levels as you control how hard you make the dial. RPM beginner classes and 30 minute classes are a great place to start.

## Cycle

Cycle classes with instructors are taught with many different journeys as each instructor is different and creates a different journey via their own music selection. Again you control how hard you work as you control the dial.

## STEEL TRAINING

A barbell workout like BodyPump – however you get to work the muscle up to three times instead of once. Suitable for beginners.

## STEEL TONIC

Don't like to jump around on the step? Tonic uses the step lid with no bricks – you work your right side with simple non-complex routines then work your left side. A great leg and butt workout. Suitable for beginners.

## MEL'S MASH UP

Every class is different – you might experience freestyle step, aerobics, toning, barbell, HIIT, Combat anything is possible in this class. Work at a level your comfortable with. Lots of options.

## BODYCOMBAT

If you love to punch, kick and jab then this is the workout for you.

## ACTIVE ELDERS

Gentle exercise for anybody returning to fitness.

## Tummy Hips Thighs

A great all over body workout with low impact moves. Suitable for beginners.

## KIMAXBOXING

Boxing using a freestanding boxing bag so you get full on impact creates an awesome workout. Please bring gloves.

## BOXING CIRCUIT

Using the boxing bags on gym floor and pad work, limited numbers please bring gloves. We also have group personal training available for boxing.

## LES MILLS BODYPUMP

A barbell workout focussing on one muscle group at a time. "Endurance workout". One muscle, one chance. Great music and suitable for beginners.

## FREESTYLE STEP

The instructor creates their own routine on the step using cardio moves. A great workout for the legs. Can have complex choreography.

## TRX CIRCUIT

Using TRX Bands and Kettle bells this is one of the best bodyweight workouts you'll get. Suitable for all levels, please advise trainer of any injuries. Pick your card up from reception.

## HIIT

Using the high intensity interval formula of 20 seconds work 10 seconds recovery the trainer will create a workout where the moves are simple. You decide how hard you will work. Please advise instructor of injuries.

## 45 MINUTES FUNCTIONAL CIRCUIT TRAINING

This training program is run in our functional zone area. You will be using Weights, Kettle bells, Jog track, Body weight and Sleds. Each class is different as each trainer is different. These classes are limited so arrive early and collect your card from reception.

## MIIT33

#MIIT33 is a continuous circuit workout, no co-ordination is required. Members use different pieces of equipment to keep them moving for 30 minutes. All different fitness levels are welcome as you work at your own pace.

## VIRTUAL GROUP FITNESS

These run in our group fitness room. These classes provide our members who can't make live classes with the option to attend wellbeing classes and cardio vascular workouts.

## Mums & Bubs

Bring bubs along and get a workout in. Your child can play in the group fitness room or Kids Zone area. The Kids Zone area is open everyday for all mums to put their kids in whilst they workout and is free.