

BODY BALANCE	FITNESS FUSION	PILATES/YOGA						
Body Balance incorporates Yoga, Tai Chi and Pilates to give you a workout that builds flexibility and strength.	A low impact, full body workout that uses balls, tubes and body weight to boost fitness and core strength, leaving you full of energy.	Designed to improve posture by toning little-used core muscle groups, Pilates/Yoga incorporates a slow breathing technique to energise the body.						
BODY PUMP	HIIT STEP	TRX						
The original barbell class that strengthens your entire body. Great music, awesome instructors and your choice of weights inspire you to get the results you came for.	Great for fat burning & muscle toning using simple movements on, over & around a height adjustable step. Workout with fab instructors & motivational sing-along music.	Use TRX straps to perform body weight exercise that develops strength, balance, flexibility and core stability simultaneously.						
LADIES ONLY FITNESS	INSANITY	TRX/CONDITIONING						
A full body workout that includes cardio and toning exercises. This is a ladies only fitness session.	A heart pumping, muscle shredding, sweat dripping, high intensity cardio workout that will make you work hard.	Target your whole body to strengthen, shape & tone. Includes cardio & resistance training to improve flexibility & endurance.						
BOXING CIRCUIT	BOX FIT	YOGA						
Involves a series of boxing-related exercises performed in a circuit. Circuit training is a time-efficient way to target multiple physical characteristics such as strength, endurance and aerobic fitness.	Strike, punch & kick your way through this fantastic cardio workout. Inspired by martial arts, this empowering workout is taught by great instructors to driving music.	Embrace your mind, body and spirit with this gentle and continuous meditative exercise that improves balance, strength and breathing.						
CIRCUIT	LBT	<table border="1"> <thead> <tr> <th>KEY</th> </tr> </thead> <tbody> <tr> <td>CALORIE BURN</td> </tr> <tr> <td>STRENGTH & TONE</td> </tr> <tr> <td>SPECIALIST</td> </tr> <tr> <td>SPORTS</td> </tr> <tr> <td>RELAXATION</td> </tr> </tbody> </table>	KEY	CALORIE BURN	STRENGTH & TONE	SPECIALIST	SPORTS	RELAXATION
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The all-inclusive class that makes you work hard! With cardio and toning exercises led by experienced instructors to motivational music.	A full body aerobic workout that is great for anyone who wants to tone up, lose weight or improve fitness levels.							
DANCE FIT	PILATES							
Using simple choreography in a series of fast-paced aerobic dances to get your body going. Dance Fit focuses on increasing flexibility while toning & building core strength.	A basic mat-based class that gives you long, lean muscles, improves posture and core strength, and improves your mood.							