

<b>BODY BALANCE</b>	<b>FITNESS FUSION</b>	<b>PILATES/YOGA</b>
<p>Body Balance incorporates Yoga, Tai Chi and Pilates to give you a workout that builds flexibility and strength.</p>	<p>A low impact, full body workout that uses balls, tubes and body weight to boost fitness and core strength, leaving you full of energy.</p>	<p>Designed to improve posture by toning little-used core muscle groups, Pilates/Yoga incorporates a slow breathing technique to energise the body.</p>
<b>BODY PUMP</b>	<b>HIIT STEP</b>	<b>TRX</b>
<p>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.</p>	<p>Great for fat burning &amp; muscle toning using simple movements on, over &amp; around a height adjustable step. Workout with fab instructors &amp; motivational sing-along music.</p>	<p>Use TRX straps to perform body weight exercise that develops strength, balance, flexibility and core stability simultaneously.</p>
<b>LADIES ONLY FITNESS</b>	<b>INSANITY</b>	<b>TRX/CONDITIONING</b>
<p>A full body workout that includes cardio and toning exercises. This is a ladies only fitness session.</p>	<p>A heart pumping, muscle shredding, sweat dripping, high intensity cardio workout that will make you work hard.</p>	<p>Target your whole body to strengthen, shape &amp; tone. Includes cardio &amp; resistance training to improve flexibility &amp; endurance.</p>
<b>BOXING CIRCUIT</b>	<b>BOX FIT</b>	<b>YOGA</b>
<p>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.</p>	<p>Strike, punch &amp; kick your way through this fantastic cardio workout. Inspired by martial arts, this empowering workout is taught by great instructors to driving music.</p>	<p>Embrace your mind, body and spirit with this gentle and continuous meditative exercise that improves balance, strength and breathing.</p>
<b>CIRCUIT</b>	<b>LBT</b>	<b>SWEAT TO THE BEAT</b>
<p>The all-inclusive class that makes you work hard! With cardio and toning exercises led by experienced instructors to motivational music.</p>	<p>A full body aerobic workout that is great for anyone who wants to tone up, lose weight or improve fitness levels.</p>	<p>A challenging but adaptable class for all abilities. Includes a mix of HIIT and LBT all done to the beat of music, so you can switch off and just focus the music!</p>
<b>DANCE FIT</b>	<b>PILATES</b>	<b>CHAIR FIT</b>
<p>Using simple choreography in a series of fast-paced aerobic dances to get your body going. Dance Fit focuses on increasing flexibility while toning &amp; building core strength.</p>	<p>A basic mat-based class that gives you long, lean muscles, improves posture and core strength, and improves your mood.</p>	<p>A fitness class to get your body moving whilst staying seated. A great class for those with mobility issues, disabilities, or for older adults.</p>