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Group Exercise Classes

Pump: Described as the fastest way in the universe to change your body shape. Pump is a high-energy class that is guaranteed to individually challenge participants, giving people that sense of achievement, whilst having a good time. Traditionally, strength and muscle tone training has been restricted to the gymnasium. Pump is a great training method for those wanting the benefits of increased strength and muscle tone within a group exercise environment.

Flex'n'Core Pilates: This class fuses together the essential elements of popular classes such as Pilates, Fitball, Yoga and Tai Chi. Flex'n'Core improves flexibility, core stabilization, balance, muscle tone and posture, while enhancing the mind-body relationship. Primarily, it involves 'functional fitness' exercises with little or no impact. 'Functional fitness' refers to fitness development that helps people in everyday life.

Step Attack: Step Attack is a concept of group exercise training using the principles behind Step Aerobics, Boxing training and Martial Arts. The program is appealing to both men and women. Intensity of any Step Attack class can be modified easily for any individual and is suitable for all levels of fitness. Step Attack is a great method of training as it enables participants to get the benefits of an overall body workout.

Aqua Exercise: Aqua exercise is a challenging and highly energetic class that will have you doing everything from dancing like 'Shakira' to boxing like 'Rocky'. Aqua is also the best low impact way to exercise, due to the significant reduction of the jarring effects on the body. Movements in the classes can be modified to suit your own level of fitness and enables many benefits by utilizing the water medium to increase or decrease the exercise intensity depending on the program.

Combo: Combining the essential elements of Pump and Step Attack is the Combo class. Throughout the course of this class, participants will perform a selection of challenging resistance based (Pump) and cardiovascular based (Step Attack) tracks. This class fuses together the much sought after muscle tone and cardiovascular training principals to present a brilliant all round form of training.

Fusion: Move like Justin and shake like Shakira with Fusion. With this class latin, club and hip hop dance elements are blended together to create a class that is fun and sure to get your feet moving and your heart pumping. Fusion adopts the layering approach. That is, you start with a very basic sequence and as the group accomplishes each move, a new move is layered. This process is repeated and before you know it, you'll be busting moves you never thought possible. Give fusion a go and guarantee yourself a fun and challenging workout.

* Please note that these classes are accessible to people that have a Full Access Membership, Group Exercise Plus Membership or have purchased a casual visit pass for the nominated class.