



## 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 to 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.

**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 fitness and enable many benefits by utilizing the water medium to increase or decrease the exercise intensity depending on the program.

**Knockout:** is an exhilarating boxing style class that is guaranteed to tone, shape and improve fitness like no other. Modeled on the same tried and tested fitness routines as that of the boxing athletes, learn the correct and safe boxing technique, develop combinations, fitness, self confidence and the same hard body as that of those chiseled athletes. Knockout Fitness! is a fun and interactive class that is a great fitness class for all fitness levels. So if you want to drop a few kilo's or tone up like never before, then come and give Knockout Fitness! a go.

**Combo:** This class is a combination of both Strength and Cardio. Strength being a component of a Pump Class and Cardio being a component of a Knockout class. Fun fast moving and motivational class with great results guaranteed.

**Zumba...** We've all seen the Zumba party on TV, you can now add new dimension to your weekly training and jump into a new, energetic workout session with our Vitality Zumba classes. It really is as much fun as it looks; the only difference is the lack of midriff on show!! No, seriously, the invigorating style of Zumba is a combination of Latin rhythms and easy to follow routines, you'll work your body from head to toe in this exhilarating class, what are you waiting for!? Try it out today...

**Body Balance:** Is a Yoga, Tai Chi and Pilates workout that builds flexibility and strength, leaving you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony and balance.

**Body Attack:** Is the sports-inspired Cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals. No matter what your fitness level, you'll get fit and stay fit!

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