



83-93 Shakespeare Street
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Gymnasium Classes

Crank Indoor Cycling: Crank is an indoor cycling fitness program that was originally used as a training aid for cyclists. It has now evolved into an exciting and motivational music-exercise program. Participants can set their own level of intensity by adjusting the bike's resistance. It is a low impact program, so it is easy on the body and joints. During the work-out, varying from 30 Minutes to one hour, a certified instructor will motivate and talk you through a "real" bike ride over a variety of terrains.

Circuits: Circuit training is a popular cross training class. Circuits will involve a warm up followed by a combination of strength training, as well as an aerobic component, using boxing equipment, cardiovascular equipment and varying stations that will elevate the heart rate. The class is a lot of fun as it is conducted in a group environment, but provides flexibility allowing you to work at your own pace.

Training with Teens: This is a program geared towards improving the health and fitness of our secondary school-aged students. During the allocated times, students can come in and train, following their individually developed training program, under the supervision of our qualified instructors.

FitBreak: The Fitbreak exercise system uses weight bearing equipment that is proven to enhance the function of the cardiovascular system, increase the metabolism, strengthen and tone muscles, improve bone density and help prevent osteoporosis. The FitBreak Exercise System consists of a sixteen-piece program, alternating strength training machines with aerobic stations. A cue CD keeps participants moving through a workout at a fast pace while a fitness trainer provides motivation. After only 30 minutes, members of all fitness levels have strengthened, shaped and toned all their major muscle groups, worked their cardiovascular system, and burned up to 600 calories!

Ladies X-Train: Following a similar theme to the 'FitBreak' exercise system, 'Ladies X-train' is designed for busy women on the go. In 30minutes, work your way through a sixteen piece program that challenges the cardio system and tones all major muscle groups. 'Ladies X-train' is all about fitness and fun in a comfortable female environment.

* Please note that these classes are accessible to people that have a Full Access Membership, Gym Plus Membership or have purchased a casual visit pass for a gym visit.