

Group Exercise Class Descriptions (11/23)

Body Sculpt: a total body muscle endurance and strengthening workout using a combination of hand-held weights and elastic resistance.

Cardio Sculpt: A cardio and strength workout utilising the step platform and weights.

Chair Yoga: a blend of strength, balance and yoga patterns done with the assistance a Chair.

Cycle: A fun foundational stationary cycle workout designed to develop a strong base of cardio endurance and cycling technique *appropriate for all level riders.

Dance Fusion: fun blend of pop, Latin and hip-hop style dance routines finishing with a dynamic body stretch. All levels welcome!

Flex & Flow: A fluid strength and mobility format that uses weights, bands, barre exercise, core and flexibility training for the ultimate muscle conditioning workout.

HIIT Circuit: a step class that uses 'HIIT' style interval and circuit training techniques to enhance metabolism, calorie burn and strength results.

Low Impact with light weights: a cardio workout blending low impact, kickboxing and sculpting with light hand-held resistance.

Move & Groove: Release stress through dynamic stretch movements designed to build core strength while groovin to great fun music. All levels are welcome.

NIA Dance Workout: a fun fluid, blend of modern dance, martial arts and low impact cardio patterns.

Pilates Fusion: a Pilates floor style workout focused on improving posture, core strength and muscle balance along with lengthening and strengthening yoga patterns.

Restorative Yoga: a gentle blend of yoga postures and restorative breathing technique

Rise, Roll and Restore: 20 minutes of cardio followed by dynamic stretching and trigger point work using a foam roller and/or tennis balls.

Senior Fit: A blend of seated and standing strength, endurance and balance exercises design to address senior fitness needs done with the assistance of a chair.

Step Fit: A cardio workout utilising the step platform followed by body conditioning exercises. Super Circuit: A fun and challenging circuit format including strength, cardio, core and more.

Super Circuit: a Fun cross fit blend of cardio, strength and body conditioning

Wake UP workout: start with a little Energising cardio work your way into some strength and finish off with some core /stretch!

Yoga Flow: Hatha & Raja techniques emphasising muscle strength, flexibility, posture and breathing. (Outdoor Yoga meets in front of the Gazebo)

***Bring your own exercise mat:** For any floor-based exercises (i.e. Yoga, Pilates, Body Sculpt)

Aqua Classes

Aqua Fit: a mix of deep & shallow water conditioning exercises (bring flotation device).

Aqua HIIT: a fun, high intensity, low impact water workout focusing on strength, endurance and flexibility of all muscle groups (bring flotation device).

H2O Intervals: an advanced deep-water cardio interval workout (bring flotation device).

Shallow H2O: a strengthening and range of motion program done in chest high water.

***Aqua Inclement Weather Policy:** Due to increased safety concerns all Aqua classes are automatically cancelled on days with heavy rain predictions, or actual rainy or drizzly weather.