



# Group Fitness Program Guide

| **Cardio** | **Strength** | **Mind & Body** | **Flexibility & Mobility** |

## LES MILLS FUNCTIONAL STRENGTH

### Strength

**\*NEW\*** A strength-based, full-body workout that uses dynamic, loaded moves that will build athletic strength and overall fitness as well as increase muscle tone

## AQUA

### Cardio Strength

A blend of low impact cardio and resistance training in the water

## AQUAHIIT

### Cardio Strength

This is a high intensity class which will improve your fitness and strength. Using the water as resistance, you will go through various exercises, to take your fitness to the next level

## BOOTY BURN

### Strength Mind + Body

A 30-minute complete booty workout targeting your glutes from all angles. Booty bands are provided

## BOXING CIRCUIT

### Cardio Strength

A 30-minute circuit incorporating the use of upright boxing bags and equipment. This class caters to all fitness

## CORE

### Mind + Body

This class focuses on your core and lower body. You will strengthen your core, butt, and thighs – all in 30 minutes!

## CYCLE

### Cardio

Experience the thrill of outdoor cycling inside the club. You will go on a journey through different terrains to challenge your fitness

## DANCE

### Cardio

Is an energetic and fun workout set to an amazing playlist. Dance will leave you feeling happy, inspired, and energized. This class is for everyone to enjoy!

## DEEP AQUA

### Cardio Strength

Our deep-water program using flotation weight belts whilst toning and conditioning the body

## FXFIT

### Cardio Strength

Functional fitness using various class styles to increase all fitness levels. Get fitter faster in a fun, challenging team environment

## HIIT

### Cardio Strength

High Intensity Interval Training combining cardio, strength, and plyometric training. The perfect class to push you to your limits and reach your optimum fitness level

## LES MILLS BODYATTACK

### Cardio

This is a high-energy class combining athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. This will challenge your limits in a good way, and leave you with a sense of achievement

## LES MILLS BODYBALANCE

### Mind + Body Flexibility + Mobility

Blends Yoga, Tai Chi, and Pilates to build flexibility, strength and bring the body into a state of harmony and balance

## LES MILLS BODYCOMBAT

### Cardio

This mixed martial arts inspired cardio workout will leave you feeling unleashed and empowered!

## LES MILLS BODYPUMP

### Strength

Challenge all your major muscle groups and strengthen your entire body using low weights and high reps

## **LES MILLS** **BODYSTEP**

### **Cardio**

An energizing step workout using a height-adjustable step. You will push your fat burning systems into high gear

## **LES MILLS** **CORE**

### **Mind + Body**

This is the ultimate way to get a tight and toned core. Dynamic functional core training that focuses on the abs, glutes, and obliques

## **LES MILLS** **RPM**

### **Cardio**

RPM is a 45-min indoor cycling workout which is fun, low impact and you can burn up to 500 calories a session. This is an awesome way to boost your cardio fitness

## **LES MILLS** **sprint**

### **Cardio**

A 30-minute HIIT style workout using an indoor cycle to achieve fast results. You will combine bursts of high intensity and periods of rest – driving your body to burn calories for hours

## **MATWORK PILATES**

### **Mind + Body Flexibility + Mobility**

Develop core strength whilst correcting alignment and coordination. You will notice a difference with your posture and overall toning with every class

## **MEDITATION/MINDFULNESS**

### **Mind + Body**

Meditation and mindfulness have been used for years to improve mental health and wellbeing. You'll use breathing techniques which are designed to reduce stress, promote better health, and assist you to have more restful sleep.

\*We encourage you to bring a comfortable mat, blanket, and pillow

## **REFORMER PILATES**

### **Mind + Body Flexibility + Mobility**

A full body workout using adjustable springs on the Reformer bed. Lengthen, strengthen, and tone whilst correcting alignment. \*Additional charges apply for this specialty program

## **SHALLOW AQUA**

### **Cardio Strength**

A blend of low impact cardio and resistance training in shallow water

## STRETCH

### Mind + Body

Improve flexibility and loosen tight muscles. This is a class for all levels

## TREAD30

### Cardio

A 30-minute express class utilizing treadmills to work through a series of inclines, alternating speeds, and intervals.



## WYNSENIOR ACTIVE SENIORS

### Cardio Strength Mind + Body Flexibility + Mobility

A low intensity, low impact workout. Designed for those people aged 50+ who would like to improve balance, stability and bone and muscle strength



## WYNSENIOR BODYBALANCE

### Mind + Body Flexibility + Mobility

This class has been specifically modified for those aged 60+. This blends Yoga, Tai Chi, and Pilates to build flexibility and strength and brings the body into a state of harmony and balance



## WYNSENIOR PILATES

### Mind + Body Flexibility + Mobility

This class has been specifically modified for those aged 60+. Develop core strength whilst correcting alignment and coordination. You will notice a difference with your posture and overall toning with every class



## WYNSENIOR GENTLE AQUA

### Cardio Strength

This class has been specifically modified for those aged 60+. Held in the Hydrotherapy pool. This low-impact aqua exercise gives you a great cardio workout as well as building strength in the muscles

## YOGA

### Mind + Body Flexibility + Mobility

Improve flexibility, balance, strength, and posture. This class is designed to enhance vitality and a sense of

## ZUMBA

### Cardio

Party yourself into shape! Lose yourself in the music and get fitter during this exhilarating dance-fitness party