



FBX - High intensity body weight exercises working out to your maximum capability.

Kicking your metabolism into action (30mins)

CYCLE – Welcome all levels and abilities. Instructors motivate participants through jumps, hills, climbs, intervals and flat roads for fantastic cardio workout. (45mins)

KETTLEBELLS – From strengthening the key muscles of the lower body (glutes, hamstrings and quads) to challenging the muscles of the core and upper body (back, shoulders, forearms, triceps and biceps), kettlebells truly are a highly effective training tool for improving total-body strength. (45mins)

ZUMBA – Latin inspired dance workout. A fusion of dance moves that creates a dynamic and exciting workout. You don't need to be a great dancer to have a good workout (45mins)

BOXING – A fitness-based class using boxing fundamentals such as punch combinations and high intensity cardio intervals as well as partner and technique work for a great full body workout. (45mins)

BOOTCAMP/CIRCUIT – A class with multiple stations focusing on a wide range of muscle groups and training principles to give you a great calorie – busting workout. (45mins)

GENTLE CIRCUIT – Cardio. Strength. Tone. Brilliant for those who want all the greatness of a circuit's class – at a lower intensity. Great whole-body workout. (45mins)

AQUA FIT – Water workout, varying depths and moves to work the whole body. Increases heart rate and helps tone the body. (45mins)

GENTLE AQUA - Low impact water - based exercise. This class is a great experience for those who have had joint replacement surgery, arthritis and fibromyalgia. (45mins)

FLOAT FIT – Water based low impact classes, giving a full body workout with a mixture of high intensity and yoga inspired moves. To suit all abilities. (30 mins)

FLOAT FIT GROW – For children 10 years and over. (30 mins)

FIT FOR LIFE- Low impact chair based gentle exercises for people with underlying health conditions or injury's (60mins)

BAR/TONING - This workout is designed to define your muscles, build endurance and give you the results you desire! We will use hand weights, weight bars, body weight, and other equipment to tone your upper body, lower body, and core. (45mins)

BODY CONDITIONING - A full body workout involving muscular strength and endurance to help shape and tone your muscles. (45mins)

WALKING NETBALL- is a slower version of the game; it is netball, but at a walking pace. The game has been designed so that anyone can play it regardless of age or fitness level. (60 mins)

PILATES - Improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance (45min)

20/20 – 20 minutes cardio workout on a bike followed by 20 minutes of a mixture of upper body, lower body and abdominal exercises. (45mins)

YOGA – Includes breathing control, simple meditation and the adoption of specific bodily postures. It is widely practiced for health and relaxation. (45 mins)

STRETCH AND RECOVERY - Exercises that will help you loosen up from head to toe and serves a well- deserved stretch and recovery break from all the hard work you've been putting in. (45 mins)

