

Aquafit	A workout using water for resistance, toning muscles, and increasing endurance and flexibility.
Strength & Balance	This low/moderate intensity class features exercises that focus on everyday movements to improve balance, strength and stability. The class is not appropriate for participants who use walking aids or cannot stand without support for periods of time.
Pilates	Pilates classes are a full body workout that creates long, lean muscles. Pilates is performed on a mat on the floor and achieves results by using gravity and your body's own resistance — and sometimes small props, such as foam rollers, balls or weights. This beginner friendly class is ideal for multiple fitness levels. Pilates will improve your flexibility, posture, strength, and balance.
Zumba©	This energizing dance fitness class features Latin and international rhythms
Sculpt & Tone	Elevate your traditional resistance training with our Sculpt & Tone program, designed to help you achieve your fitness goals through progressive, goal-oriented routines. Enjoy a simple yet effective approach to enhancing muscular strength, function, shape, and definition.
H.I.R.T	High-Intensity Resistance Training focuses on full-body workouts using medium-to-heavy resistance to build strength and lean muscle. A variety of equipment will be used, including your own body weight. No high impact/plyometrics involved. A great next step from traditional strength class
Total Body Strength	A full body workout that combines traditional strength exercises and functional training using a variety of equipment.
Yoga	Techniques focus on posture, breathing and meditation. Participants will gain strength and flexibility, as well as develop mind and body relaxation.
Yin Yoga	A slower-paced, more meditative version of the popular physical and spiritual discipline of yoga. In Yin yoga, the poses are held for a long period of time (typically three to five minutes or longer) to target the connective tissues (such as the ligaments) rather than focusing on the muscles.
HIIT/Circuit	Transform your fitness journey with our upbeat sessions designed to deliver impressive results fast. Our classes blend cardio and strength training in a 60/40 split to help you tone up without bulking up. Each month, we mix things up with different styles like circuit training, Tabata, and HIIT to keep you motivated and excited
Indoor Cycle	All bike work, using a variety of hill work and interval training at various speeds and intensities.
LifeFit	LifeFit classes have been designed to enhance your healthy lifestyle through scientific evidence based exercise programs. The class aims to improve your body composition, lean muscle mass and physical function.
Fusion	This class combines elements of yoga, pilates and fitness to stretch muscles, strengthen the core and challenge your balance.

*Occasionally we offer specialty fitness / wellness workshops and trial 'pop-up' classes. Inquire at front desk or call 6048240231