

# GROUP FITNESS CLASSES

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday
05:30	Power Up	Supersweat	Tabata	Strong	Sculpt		
06:30	Power Up	Supersweat	Tabata	Strong	Sculpt		
07:30	Snr Step	Snr Cordio	Snr Strong	Snr Fit	Sculpt	07:30	Condition
08:30	Snr Strong	Snr Cordio	Snr Strong	Snr Fit	Snr Strong	09:00	Yoga Flow
12:15	XPS Power Up	XPS Supersweat	XPS Tabata	XPS Strong	XPS Sculpt		
16:30	Power Up	Supersweat	Tabata	Strong			
17:30	XPS Box n Blast	XPS Supersweat	XPS Tabata	XPS Strong			

**BOOK HERE**



**BOX N BLAST:** A high energy class comprised of boxing drills and bodyweight exercises. Don't have a partner or equipment? No worries! We will set you up with a boxing buddy and all equipment needed.

**CONDITION:** A fun-filled session to spice up your weekend. Expect teamwork, games, and challenges!

**POWER UP:** A high intensity session aimed at developing your strength and power. Expect to be challenged with lifts, dynamic movements, and bursts of cardiovascular efforts. Our coaches can scale movements to suit your needs, so come along no matter your training level.

**SCULPT:** A Pilates-inspired session that focuses on postural alignment, core activation, and toning the entire body.

**STRONG:** Applying progressive overload and functional strength methods, this class will help you build lean muscle, feel stronger and move better. The best part? No running or jumping required!

**SUPERSWEAT:** Not for the faint-hearted! A high-cardio, bodyweight session that aims to increase your heart rate and burn calories.

**TABATA:** This class is perfect for everyone! Short bursts of exercise with recovery periods allows you to control the intensity of your workout. The mix of cardio and functional strength exercises will challenge you, and our coaches will ensure you are training to your full potential.

**YOGA FLOW:** A gentle yoga session designed to de-stress the body and mind. Improve your flexibility, balance, and coordination.

**SNR CORDIO:** A combination of cardio, balance and core exercises that are designed to improve stability, control, and quality of life.

**SNR FIT:** A low impact fitness class utilising free weights, fit-balls, spin bikes and more.

**SNR STEP:** Step to the beat of the music with a choreographed aerobics class. A fun way to enjoy fitness and make friends. Capped at 18 people.

**SNR STRONG:** Learn how to use weight machines and develop strength by participating in this controlled class. Capped at 20 people.

\*All classes are 45 minutes

\*\* XPS classes are 30 minutes