

	Hypnotic Latin rhythms and easy-to-follow moves creating routines that feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat
BODY SHAPING	A great all over toning workout focusing on light weights & repetition, with individual instructors extra special touches like extra cardio or ABS workout. A must do
FIT BOX	Using boxing techniques in conjunction with military style training to get an intense aerobic workout. Using gloves & mits. Simple to follow but by no means easy! For the regular exerciser
AERO CIRCUIT	Held in aerobic room, uses stations & moves, not machines, to give a great aerobic workout. Some step, running & jumping may be involved
	Aims to develop the body's "Centre" in order to create a stable core for all types of movement. Increases flexibility, posture & reduces risk of back injury
PILATES BALL	A Pilates class utilizing the Swiss Ball to increase core stability, flexibility & decrease back injuries.
BOOT CAMP	A popular interval class that mixes calisthenics and body weight exercises with cardio and strength training. Designed to change weekly and may involve some outdoor work.
STEP	A great workout to burn calories and increase fitness using a 'Step'. Some level of complexity and choreography involved.
	Increases flexibility & strength, both inner and outer, and can aid in stress management. Based on the broad teachings of Hatha Yoga. You should bring a mat or a towel to class.
FATBURNER	A low impact class with medium level choreography for the regular exerciser. Increases fitness & burns calories
ABT	A low impact class focussing on abdominals, glutes and thighs.
CARDIO BOX	There is no contact at all in this class. The class comprises of boxing combinations combined with cardio training including skipping, running and abs workouts. A class designed to increase agility, fitness, coordination and burn calories. A fun class for all fitness levels
	This high-intensity interval workout incorporates rhythmic movements to get the class literally pounding the floor as they sweat. ... POUND class is a full-body workout . While you'll have a blast during the actual class , you'll definitely feel the burn in your arms, core, and glutes afterwards
RUSH	A High intensity class incorporating cardio and functional training. Each class is different so you won't get bored.
CYCLE	Pedal your way up hills and along the flat to motivating music. The class varies from high to low intensity as guided by the instructor. A great, fun class.
BOXING	Using boxing gloves, mitts and boxing techniques you will get a great cardio workout, as well as improved reflexes and an increased metabolic rate. We supply the gloves and mitts, you just need your own cotton inners (available at reception)