



A high-energy, calorie-consuming athletic workout that will push you past the limit with strong, simple moves and pumping music. This is the most intense workout you'll find in the world of fitness - a session guaranteed to take no prisoners.



A class that reinforces flexibility and strength, combining the best of Yoga, Tai Chi and Pilates. Truly a fitness class for the 21st Century, BODYFLOW brings mind and body into perfect harmony. Try this revolutionary, holistic approach to fitness.



Some of the world's top dance choreographers update BODYJAM every three months to guarantee a funky blend of cardiovascular fitness and urban culture. A great way to get the maximum fun out of your workout, as you move into shape to the sounds of modern dance music.



A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study, BODYPUMP was verified by The University of Auckland as providing the fastest body fat loss of any fitness class.



BODYSTEP is the ultimate way to give your body a high energy cardioblast and tone the hips and thighs. With over 2,000 steps per session you'll see results in record time. Get in step with one of the best fitness classes the world has to offer.



Les Mills BODYVIVE - lets you get in shape at your own pace with a low-impact, group fitness workout that leaves you fizzing with energy. Using the VIVE balls, VIVE tubes and optional hand-weights, you choose the intensity that energises your future.



Take the ultimate ride! RPM incorporates cycling, choreography and motivational coaching techniques to give you a completely safe, aerobic, adrenaline ride. Get in the zone and find out why RPM is totally addictive.

BODYATTACK/BODYPUMP

The best of two great Les Mills programs that combine a high energy, athletic cardio shot with a fat burning barbell workout to strengthen and tone the muscles.

BOOT CAMP

GET IN THE BEST SHAPE OF YOUR LIFE! CIRCUIT TRAINING USING VARIOUS EQUIPMENT AND EXERCISES. ACCEPT THE CHALLENGE.

CIRCUIT

Our circuit classes are designed to challenge your fitness by moving you through a variety of strength training exercises at a brisk pace which strengthens the muscles, heart and lungs. Great calorie burn.

FLEX & STRETCH

Flex and Stretch is a great class to add some length to your strength. A great way to gain functional strength, range of motion and flexibility.

GENTLE YOGA

Be kind to your body with this effective approach to the yoga discipline. It's a rewarding workout for those seeking the mind / body experience. It is also the perfect recovery workout from your hardcore exercise workout.

KIDS FITNESS

KIDS FITNESS is the class that exemplifies family fitness. We cater to two age groups (4-6 years and 7- 11 years of age. Under the supervision of two adults, children will participate in activities including, but not limited to running, jumping, crawling, throwing, catching, balancing and stretching. Family, fun and fitness.

POWER CIRCUIT

Advanced circuit training incorporating plyometric training, strength training and cardio-conditioning for a complete workout.

SPIN

Freestyle cycling class taught in the style of Johnny G Spinning by certified instructors. Lose weight, tone up and no impact.

TAE BO

Fitness class based on martial arts, boxing and kickboxing movements taught to high energy music. Adapted from the popular video series. Fitness with an attitude!