

## STRENGTH & TONING

### Load Up (60 mins)

Barbell class; start out light and work your way up to heavier weights as you get stronger. Your instructor will guide you on how to load, when to load and how to lift correctly.

Cardio = Low  
Coordination = Nil  
Resistance = Moderate to High

### Tone Up ( 45 or 60 mins)

This class will hit the small and large muscle groups to give you the toned look. We use a variety of equipment including dumbbells, resistance bands, thigh toners, slides and body weight exercises.

Cardio = Low  
Coordination = Moderate  
Resistance = Moderate

### Strong Set (45 mins)

Weight training class where you will work through reps and sets. You will be able to load per muscle group and focus the load to match each muscle group.

Cardio = Low  
Coordination = Low  
Resistance = Low to High

### Booty Burn (30/45 mins)

This class will focus on the glutes using booty bands and weights to challenge your Booty and legs.

Cardio = Low  
Coordination = Nil  
Resistance = Low to Moderate

## INTERVAL SERIES

### HIIT (45 mins)

HIIT is high intensity interval training. Hit 90 to 95% of your maximum heart rate, then recover 70 – 80% of your maximum heart rate, ready to go for another interval.

Cardio = High  
Coordination = Nil  
Resistance = Moderate

## CYCLING

### Cycle (45 mins)

A great calorie burning class. You will strengthen your knees with no impact on your joints. You control the resistance dial  
Cardio = High  
Coordination = Nil  
Resistance = Moderate to High

## BOXING STYLES

### Fight Fit (45min)

A full cardio workout that will have you punching and kicking the air.  
Cardio = Moderate to High  
Coordination = Moderate to High  
Resistance = Low

## SPECIALTY CLASSES

### Active Over 50s (60 mins)

It's light paced and focuses on your needs; gentle cardiovascular & muscle work combined with elements of balance and flexibility.  
Cardio = Low  
Coordination = Moderate  
Resistance = Low

### Strong & Stable (45 mins)

In this class we focus on balance, flexibility, coordination, strength, and reduce your risk of falling.  
Cardio = Low  
Coordination = Nil  
Resistance = Low

### Lite & Lo (60 mins)

We offer you a mixture of aerobic routines, circuits, step and muscle conditioning, followed by a cool down.  
Cardio = Low to Moderate  
Coordination = Moderate  
Resistance = Low to Moderate

### Zumba (45 mins)

Zumba involves cardio and Latin inspired dance moves. Once you master the basic moves you will be lost in the music.  
Cardio = Moderate to High  
Coordination = Moderate to High  
Resistance = Nil

### Move 2 Music (45 mins)

You will dance to a mixture of Top 40 and classic hits. The moves are easy to pick up so you can really immerse yourself in the music.  
Cardio = Moderate to High  
Coordination = Moderate to High  
Resistance = Nil

### Step n Burn (45 mins)

Low impact on the joints and great at increasing your fitness, coordination and lower body strength. Combination of routine and athletic step.  
Cardio = Moderate to High  
Coordination = Moderate to High  
Resistance = Low

### Level Up Step

This high energy step class will get you moving to the Hip Hop beat, with all the benefits of Step.  
Cardio = Moderate to High  
Coordination = Moderate to High  
Resistance = Low

### Mini & Me (45 mins)

Suitable for 6weeks - 4years. Enjoy the experience of exercising with your bub/ child, getting your mind and body active. Create life long positive habits together.  
Cardio = Low to Moderate  
Coordination = Nil  
Resistance = Low to Moderate

## MIND & BODY

### Pilates (60 mins)

A controlled mat based conditioning workout that combines breathing, stretching, and strengthening to achieve and maintain optimal posture. You will have the option as you progress to add bands, balls and rings.  
Cardio = Nil  
Coordination = Nil  
Resistance = Low to Moderate

### Stretch (60 mins)

This class is a series of stretches designed to improve your flexibility, minimise muscle imbalances and release stored muscle tension.  
Cardio = Nil  
Coordination = Nil  
Resistance = Nil

### Hatha Yoga (60 mins)

This class focuses on alignment of the whole body while holding poses, which support the spine and bring about the awareness of breath with movement. Ideal for entry level to intermediate.  
Cardio = Nil  
Coordination = Nil  
Resistance = Low

### Vinyasa Yoga (60 mins)

Vinyasa means 'breath-synchronized movement'. A series of poses that will use the power of inhaling and exhaling, with smooth flowing movements.  
Cardio = Nil  
Coordination = Nil  
Resistance = Low

### Kids Bootcamp (45 mins) : 5 - 13years

This class allows your child to develop their fitness, coordination and strength all while having fun. \$12 per class or \$100 per term; Active Kids vouchers welcome.  
Cardio = Moderate  
Coordination = Nil  
Resistance = Low to Moderate

## Per4mance Classes

Classes will be held in the functional zone on the gym floor. Bootcamp will be run on the carpark roof top.

### How it works:

- ◆ Book & pay for your spot via the app.
- ◆ 45min = \$12 HM/\$25 Non Mem
- ◆ 30min = \$8 HM /\$12 Non Mem
- ◆ Class capped at 12

### HIRT (30 mins)

High Intensity Resistance Training.  
Cardio = Low  
Resistance = Moderate to High

### Non Stop 20 (30 mins)

Go for 20mins straight. Includes warm up and cooldown.  
Cardio = Moderate to High  
Resistance = Moderate to High

AUSactive 

Member