

STRENGTH & TONING

Load Up (60 mins)

Barbell class; start out light and work up to heavier weights as you get stronger. Your instructor will guide you 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.

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

Abs Blast (30mins)

Challenge your abdominals from start to end, aimed at improving your overall core strength.

Cardio = Low
Coordination = Nil
Resistance = Low to Moderate

ABT (45mins)

Challenge your Abs/Butt/Thighs using a variety of equipment and body weight.

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

Step (30 mins)

Step routines to increasing your fitness, coordination and lower body strength. Combination of routine and athletic step.

Cardio = Moderate to High
Coordination = Moderate to High
Resistance = Low

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

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

ATTENDING CLASSES

- All classes are 1 hour unless otherwise stated
- Class bookings open at 8am, 1 days prior via the app
- Cancellation of booking is 2 hour prior to class starting
- Bring clean feet to all mind / body classes
- Use hygiene stations provided to clean equipment
- Bring water & towel to all classes and use towel on your equipment, mats and to remove sweat from your body.
- Arrive on time to minimise chance of injury and to avoid disrupting the class. Late comers may be refused entry.
- Advise your instructor of any medical conditions, pregnancy or injuries you have prior to the commencement of each class

AUSactive 
Member