

# Group Fitness Class Descriptions

## Les Mills Programs

### **RPM™**

RPM is a group indoor cycling workout where you control the intensity. ... In an **RPM** workout you repeatedly rotate the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

### **RPM™ - Express**

RPM but in a 30-minute format, each session will have a different focus to enable you to boost your Fitness, Strength and Technique. This is a perfect way to build up to a full RPM class.

### **BODY PUMP**

Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

### **BODY BALANCE**

During BODYBALANCE an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered.

### **BODY ATTACK**

Body Attack is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way and leaving you with a sense of achievement.

### **BODY STEP**

In a BODYSTEP workout you can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push ups and weight plate exercises, and the result is a fun, uplifting, full-body workout! Don't worry, there's heaps of options so that everyone leaves feeling successful.

## **SH'BAM**

A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!

## **CORE (formally CX WORX)**

Inspired by elite athletic training principles, LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

## **Freestyle Programs**

### **Hi Energy Circuit**

This full-body **circuit** combines cardio with weight-based exercises, so it's a nice mix of all the things to challenge your body. This will not only challenge your Strength but also your Cardio fitness no matter what your experience.

### **THT**

Our Tummy, Hips & Thigh's (THT) class is a challenging lower body conditioning class that focuses on working out the body from the waist down, along with abdominal exercises. This class will tone and strengthen the glutes, hips and thighs through an energising workout.

### **SGT**

Small Group Training classes are small circuit style sessions run in the gym or Group Fitness Room. They go for 45 minutes, where our Coaches will take you through Functional based exercises in High Intensity Interval program designed to Challenge you Physically and Mentally. You will get a lot of support from the coach as class sizes are limited to 12 people depending on the class type.

### **Knox HIT**

Knox HIT is a high-intensity interval training program designed for everyone. ... The ultimate combination of functional training and high intensity interval training delivered in an explosive 45-minute workout that will combine all the movements and techniques experienced in the other group training sessions.

## **Wellness Programs**

### **Yoga**

Yoga is a program that is both spiritual and physical. Yoga uses breathing techniques, exercise and meditation. ... whilst moving from one posture to another. No matter what your fitness or experience level is this program is perfect for both Mind and Body

### **Pilates & Fitball / Pilates**

Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility. Pilates moves tend to target the core, although the exercises work other areas of your body as well. You can do Pilates with or without equipment, but no matter what, expect the moves to involve slow, precise movements and breath control. "Pilates is a full-body exercise method that will help you do everything better.

### **Tai Chi**

An art embracing the mind, body and spirit – Originating in ancient China, tai chi is one of the most effective exercises for health of mind and body. Although an art with great depth of knowledge and skill, it can be easy to learn and soon delivers its health benefits. For many, it continues as a lifetime journey.

## **Active Adult Specific Programs**

### **Cycle**

Active Adults Cycle has all the benefits of a regular Indoor Cycle/Spin class but at a lower-level intensity. Your Instructor will demonstrate correct bike set, technique and inspire you to achieve your best

### **Zumba Gold**

Zumba Gold is a class designed specifically for active adults who are looking for a modified **Zumba** class that recreates the original moves you love, but at a lower intensity.

### **Senior Strength**

Senior Strength is a Gym based program that allows you to get all the benefits of strength training in a comfortable gym setting. This is either accessible via our Active Adults for free or on a Casual basis. All participants are required to have an appointment with an Instructor prior to their first session.

