

Group Fitness Class Descriptions



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AGESTRONG (previously STAY ON YOUR FEET) ● Ideal for older adults with current health problems under control. Designed to increase cardiovascular fitness, strength, flexibility and balance. There are 3 class varieties; entry (for new participants), chair-based and maintenance (for regulars). This class is part of our All Access program and requires a referral from Peninsula Health.

AQUA ● In an Aqua Aerobics class, the water provides a great cardio workout with cushioning, resistance and support. Joints are safely supported with each exercise that works the whole body. Improving your cardio, strength, endurance, posture and flexibility all at the same time.

AQUA DEEP ● Aqua Deep classes use flotation weight belts for conditioning and toning exercises to help focus on core strength. With a variety of intensity options, these classes are perfect for a range of ages and fitness levels. From the first-time aqua members to experienced participants.

AQUA HIIT ● AQUA HIIT is a High-Intensity Interval Training workout conducted in the shallow end of the pool. This bootcamp style class has a duration of 30-minutes and involves highly intensive cardiovascular exercises. It is suitable for individuals aiming to elevate their fitness levels to the next tier. You'll receive the necessary push to effectively crush your fitness goals.

BODY BALANCE ● BODYBALANCE™ is the yoga-based class that will improve your mind, body and your life. 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 while you strengthen your entire body.

BODY PUMP ● BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit, fast. Using light to moderate weights with lots of repetition,

BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven techniques. Pumping out encouragement, motivation and great music whilst burning up to 540 calories.

BURN IT ● An energetic & upbeat class that is sure to get your body moving & your blood flowing. It is a great workout for all different levels of fitness. This class combines cardiovascular training & toning exercises, for a superior total body workout.

CARDIO BLAST ● Cardio Blast is a fun class taking cardio exercise to the next level. Your aerobic fitness will be challenged which your future self will love.

CARDIO STRENGTH ● Cardio Strength gives you a class where no two are the same! This class mixes strength exercises with a cardio workout that will have you progressing through your fitness journey. It is the ultimate class for those looking to get leaner and stronger.

CONNECT30 ● CONNECT30 is our own designed series of 30-minute workouts, that are offered in 4 styles: Aerobic, Boxing, Functional and Resistance. CONNECT30 combines elements of high intensity interval training (HIIT), circuit training and functional training. These classes are for all fitness levels & abilities and will build muscle, burn fat and boost metabolism.

CONNECT30 BE ACTIVE LONGER ● Be Active Longer is a lower impact variation to our CONNECT30 30-minute workouts. This class is designed to develop strength and coordination. Sessions differ from class to class to keep you active for longer.

CORE & MORE ● Core & More is a total body freestyle class for all ages and abilities, with no 2 classes the same. Core and More focusses on hip and abdominal conditioning to tone areas you didn't know existed and reduce lower back and knee pain. Perfect for anyone looking to improve body composition and strength (may involve floor work).

HIIT STRENGTH ● HIIT Strength is an interval style class using weights that develops your body's functional strength. Expect your heart rate to go up as you challenge your body's capabilities, with less of an aerobic focus.

LES MILLS PILATES ● Les Mills Pilates™ mixes traditional Pilates principles with science-backed movements, unique music and breathwork. A mind- body workout to improve strength, mobility and posture with simple Pilates moves to condition core, glutes, hips and back. This class is done on the floor. NOTE: Please bring your own mat.

MOMENTUM ● Momentum is your next step above Prime Movers. This low impact

class is designed to increase cardiovascular fitness, strength, balance and coordination. Perfect for ages 50+ and all levels of fitness.

PILATES ● Pilates will challenge your strength, flexibility and coordination with traditional and modern Pilates. Performed on the floor you'll feel strong, streamlined and invigorated after this thorough workout. Pilates has the power to transform your physical, emotional and spiritual state. NOTE: Please bring your own mat.

PRIME BAR ● Prime Bar is a resistance workout aimed at strengthening the muscles and cardiovascular system, while increasing bone density. This adapted 'pump' style class is perfect for ages 50+ and caters to all ability levels.

PRIME MOVERS ● This low impact class is designed to increase cardiovascular fitness, balance and coordination. Perfect for ages 50+. This class is part of our All Access program.

QIGONG ● Qigong (pr. Chi Kung) is a powerful system of healing & energy, an integration of physical postures, breathing techniques & focus. The slow, gentle movements can easily be adapted, for people all of all abilities and ages.

REFORMER PILATES ● Reformer Pilates allows you to learn the method using bodyweight training and different spring tensions on the reformer pilates bed to sculpt and tone your body. These mixed level exercises are delivered in a layered format, so that proper technique and skill level is catered for, to build the confidence to execute the movements safely and beneficially for the body.

REFORMER PILATES (BEGINNER) ● Reformer Beginner is the perfect class for anyone who is experiencing reformer pilates for the first time or anyone who has spent some time away and would like re-educate their knowledge of the reformer pilates bed and the correct techniques used.

REFORMER PILATES (INTERMEDIATE) ● Reformer Intermediate is a class for anyone that wants to up the intensity of their reformer pilates classes and explore sequencing which is faster paced and powerful. We focus on abdominals, arms and lower body, building up strength and endurance. A fun workout for anyone up for the 45 minute challenge.

RPM ● RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories in a session. Your instructor takes you on a journey of hill climbs, sprints and flat riding. Spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your performance and boost your cardio fitness.

SENIOR CIRCUIT ● Senior Circuit offers a safe, effective, and enjoyable way for older adults to maintain or improve their physical health, functional abilities, and

overall well-being. These classes promote active aging and support seniors in leading vibrant, independent lifestyles with a circuit style class.

SHAPES ● Les Mills Shapes™ is a strength-focused workout that uses slow, controlled movements and repetition to sculpt and strengthen all major muscle groups and improve posture and flexibility. There are low and high demand versions of every move and the class is mostly done on the floor.

SPIN ● Spin is an indoor cycling class that has great fat burning effects. It will improve your cardio fitness and endurance while you spin to great music! Helping push you through any of your barriers and achieve the fitness results you want.

STRENGTH & BALANCE ● Strength & Balance is a medium intensity class targeting the hip and core muscles to improve your balance and coordination. Expect a lot of single leg work using a wide range of equipment to challenge your body and brain!

STRETCH & STRENGTH ● An active recovery class that will guide you through a series of specific stretches that target major muscle groups, using TheraBands and rollers. This class will help you with tightness and imbalances in your body and improve your recovery.


TAI CHI ● Tai Chi is a Chinese martial art that is primarily practised for its health benefits, promoting the integration of the mind and body. It helps lower stress and anxiety levels and increases energy. A series of slow, controlled movements and postures help build muscle strength, coordination, balance and flexibility.


YOGA ● A flowing and meditative class, YOGA is for healing and restoring balance within the mind, body and spirit. Poses are structured around alignment principles to ensure safe and optimal expression in each post. You will work on improving your muscle tone, strength, stamina and overall flexibility.

YOGA (CHAIR) ● Chair yoga incorporates the use of a chair in traditional yogic postures, movements, breathing and meditation. The chair allows the body to become comfortable and stable enabling one to practice advanced yoga (ie. meditation). This class supports increased physical and mental flexibility, balance and equilibrium. Participants state they experience a reduction in their anxiety and improvement of sleep. Beneficial for all.

YOGALATES ● Yogalates is a Yoga and Pilates combined into one class. This class is designed to support all ages and abilities by applying remedial poses. Support and tone your core muscles whilst you relax and destress by practicing a

mix of well renowned and restorative Yoga and Pilates techniques. NOTE: Please bring your own mat.

ZUMBA®  Zumba® is a fitness program that combines Latin and international music with dance moves. Zumba® routines incorporate interval training alternating fast and slow rhythms and resistance training. Zumba® involves dance and aerobic movements performed to energetic and motivating music.

ZUMBA GOLD®  Zumba Gold® is ideal for active older adults who are looking for a modified Zumba® class that recreates the original moves at a lower intensity. The choreography focuses on balance, range of motion and coordination while developing all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Come ready to sweat and prepare to leave empowered and feeling strong.