**Class Descriptions**

**EXPRESS CLASSES**

These workouts are a quick fix, focusing on strength and conditioning in a 30-minute format. They are for those who are new or returning to exercise.

**BODYPUMP™**

is the original barbell class that changes your body fast! A 60-minute workout challenging all major muscle groups using barbells and dumbbells. It’s a fun and motivating workout that increases cardiovascular fitness, Returns are free!

**CARDIO KICKBOXING**

is an exhilarating 45-minute class that torches calories post workout! Both men and women will enjoy the high intensity cardio workout combining boxing, kickboxing, TABATA training and interval training. Great for those who are returning or returning to exercise.

**Cardio Barre**

is a fun, non-contact boxing class using American dance (no partner needed). Cardio Barre is a fun, low-impact workout that brings the body into a state of harmony to both body and mind. Through postures and dance, it enables the mind to relax and heal the immune system, encourage relaxation and create an overall feeling of well-being.

**CARDIO GRIT**

is a high intensity 60-minute workout designed specifically for 50+ members. The Cardinal Cardiio Grit is a fun, non-contact boxing class using American dance (no partner needed). Cardio Barre is a fun, low-impact workout that brings the body into a state of harmony to both body and mind. Through postures and dance, it enables the mind to relax and heal the immune system, encourage relaxation and create an overall feeling of well-being.

**CARDIO GRIT TONE UP**

is a fun and invigorating all over toning class, incorporating the use of hand weights, lifts and curls. Great music, awesome instructors and a chance to burn up to 450 calories per 30mins will complete your workout. Achieve a full body workout, for - and fast!

**CARDIOKICKBOXING**

is an exhilarating 45-minute class that torches calories post workout! Both men and women will enjoy the high intensity cardio workout combining boxing, kickboxing, TABATA training and interval training. Great for those who are returning or returning to exercise.

**Circuit Training**

is a fun and invigorating all over toning class, incorporating the use of hand weights, lifts and curls. Great music, awesome instructors and a chance to burn up to 450 calories per 30mins will complete your workout. Achieve a full body workout, for - and fast!

**Dance Studio**

is the world’s first cardio dance studio focusing on the integration of dance, aerobic movements to create a fun and effective workout.

**FITTNESS & HEALTH**

GP Circuits are designed specifically for 50+ members. The classes will be lower in impact but still ensure you are getting the fitness benefits offered in the class description.

**Forever Fit**

is a fun, non-contact boxing class using American dance (no partner needed). Cardio Barre is a fun, low-impact workout that brings the body into a state of harmony to both body and mind. Through postures and dance, it enables the mind to relax and heal the immune system, encourage relaxation and create an overall feeling of well-being.

**K-Black**

is a fun, non-contact boxing class using American dance (no partner needed). Cardio Barre is a fun, low-impact workout that brings the body into a state of harmony to both body and mind. Through postures and dance, it enables the mind to relax and heal the immune system, encourage relaxation and create an overall feeling of well-being.

**Legs, Bums and Tums. Get to grips with your body!**

A fun, non-contact boxing class using American dance (no partner needed). Cardio Barre is a fun, low-impact workout that brings the body into a state of harmony to both body and mind. Through postures and dance, it enables the mind to relax and heal the immune system, encourage relaxation and create an overall feeling of well-being.

**Midwife Circuits**

are ideal for those who have limited time or are new to exercise. Midwife Circuits are new to our group exercise experience. These classes are pre-recorded videos, allowing you to exercise at your own pace and time. These classes will be lower in impact but still ensure you are getting the fitness benefits offered at a time which suits you (or friends). Virtual classes are designed specifically for those people who cannot get access to circuit classes or who want to ‘taste’ a ‘taste’ of a class or who are new to circuits.

**Online**

is the original barbell class that changes your body fast! A 60-minute workout challenging all major muscle groups using barbells and dumbbells. It’s a fun and motivating workout that increases cardiovascular fitness, Returns are free!

**Pilates**

is a state of harmony and balance. Controlled breathing, concentration and a slow movement of the body are all important techniques to help bring the body into a state of harmony and balance. Pilates classes are designed to concentrate on slow and measured movements in order to create lean and strong muscles around your torso, A fun and invigorating all over toning class, incorporating the use of hand weights, lifts and curls. Great music, awesome instructors and a chance to burn up to 450 calories per 30mins will complete your workout. Achieve a full body workout, for - and fast!

**SPECIALITY CLASSES**

These instructor led and supported sessions are the ideal introduction to the gym environment. These classes will be lower in impact but still ensure you are getting the fitness benefits offered at a time which suits you (or friends). Virtual classes are designed specifically for those people who cannot get access to circuit classes or who want to ‘taste’ a ‘taste’ of a class or who are new to circuits.

**unwind & Re-energise**

is a fun, non-contact boxing class using American dance (no partner needed). Cardio Barre is a fun, low-impact workout that brings the body into a state of harmony to both body and mind. Through postures and dance, it enables the mind to relax and heal the immune system, encourage relaxation and create an overall feeling of well-being.

**UNWIND & Re-Energise**

is a fun, non-contact boxing class using American dance (no partner needed). Cardio Barre is a fun, low-impact workout that brings the body into a state of harmony to both body and mind. Through postures and dance, it enables the mind to relax and heal the immune system, encourage relaxation and create an overall feeling of well-being.

**Zumba®**

is a high impact ‘Fun / All age’ edition! This is a fun-filled format at the studio and easily accessible by a wide range of aerobic movements to create a fun and effective workout.

**Zumba® Express**

is a high impact ‘Fun / All age’ edition! This is a fun-filled format at the studio and easily accessible by a wide range of aerobic movements to create a fun and effective workout.