## Class Descriptions

### Running Club

- The group goes out for a run, which helps to improve cardiovascular fitness and<br>strengthens the heart, lungs, and muscles.
- It also helps to maintain a healthy weight and improve overall health and well-being.

### Specialities

- **Cardio Roboh**
  - **Phase III & IV**: A specialized session for those who have been refereed with heart problems.
  - **Phase I**: A low-intensity low impact session for older adults who want to work out in a new way to follow class. These sessions vary in intensity and may include aerobic activities.

### RPM™

- **Punch, Kick and Kata your way through powerful role model instructors, Strike, Cardio Workouts, where you are totally cardio workout where you are totally

### SH'BAM™

- **The ultimate fun and sociable hit dance music that is heard in the hottest
  - **Nightclubs around the world, familiar classics
  - **To a soundtrack of chart-topping popular

### RPM™

- **The original kickboxing class that strengthens your entire body.**
- **45-min workout challenges all your major muscle groups by using the best weight room and free weights for total body strength and endurance.

### BODYCOMBAT™

- **One of the world's most practiced
  - **Tai Chi programs as part of their normal routine.

### BODYBALANCE™

- **A full body workout, combining both cardiovascular and resistance exercises to maximize your results.

### BODYPUMP™

- **A fun and invigorating all over body
  - **Workout that builds strength and leaves you feeling centred and calm.

### Aerobic Fitness

- **and are taken by our very own GO
  - **Triathletes and multi sport training
  - **Programs as part of their normal routine.

### Cycle Classes

- **Suitable for fourteen years and over.

### Aquatic Exercise

- **For Muscles and bone health.

### Vital Classes

- **For those who are new to exercising.

### GO Tri Classes

- **Special classes are available for those looking to include workouts that will help transform your

### Yoga

- **One of the world’s most practiced
  - **Spinal and joint flexibility.

### Studio times are available for hire. Please contact the Centre Reception for details.