**Class Descriptions**

**Aerobic / Burn fat without fuss!** Allow your instructor to motivate you with a fun and fat burning workout that combines: tone, high and mixed impact moves.

**SH'BAM™** the sports-inspired cards workout for building strength and stamina. This is a high energy interval training style class, supported by driving music and powerful choreography.

**BODYCOMBAT™** the empowering cards workout where you are totally unchained. To the dynamic and exciting choreography inspired by Martial Arts and draws from a wide and varied array of other influences such as Hip Hop, Kung Fu and K-pop, you will become familiar with many disciplines.

**BODYPUMP™** is the original barbell class that strengthens your entire body. This 60 minute workout challenges all your major muscle groups by using the best weight combinations to maximise calorie count. Combining weights, balance and rhythm, this class will have you feeling centred and controlled. Committed breathing, concentration and a carefully structured series of movements will help you burn over 400 calories and create a holistic workout that brings the body into a state of harmony and balance.

**BODYBALANCE™** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of movements will help you to create a holistic workout that brings the body into a state of harmony and balance. The practice of these three yoga practices will have you feeling aligned and balanced.

**Core Power Yoga** combines cardio yoga with traditional yoga poses for a completely energising experience. Based on the popular Core Power Yoga script classes, these three yoga practices will have you feeling aligned and balanced overall strength in a way, easy to follow format. You will increase flexibility and concentration. These sessions are designed to improve posture and general wellbeing. Each session is 50 minutes and is a mix of sun salutations, Chair pose, Warrior 1, Warrior 2 and Warrior 3.

**Cirque** is the ultimate fun and accessible way to improve your cardiovascular fitness. 60 minutes of non-stop effective fitness.

**Focus Lites** is a fun and active way to burn calories. Expect challenging, low impact and high impact cardio with fun, modern music.

**CHOREO** is a 30 minute personal training-inspired core class. Focused with a carefully structured, scientific approach and off-grid intensity, this class has been designed to target the main muscle groups and get you into a state of total focus and concentration. This class is suitable for all fitness levels and will engage your core, legs and upper body.

**Circus** is the ultimate fun and accessible way to improve your cardiovascular fitness. 60 minutes of non-stop effective fitness.