### Class Descriptions

#### BODYATTACK™

This sports-inspired cardio workout for building strength and stamina. This high-intensity energy-level training class combines efficient aerobic movements with strength and stability exercises. Dynamic movements are designed to recapitate every movement that gives you that sting and burn. You are guaranteed to work on all your problem areas, incorporating the use of new and innovative equipment, and a combination of bodyweight exercises.

#### BODYPUMP™

This 60-minute workout challenges all major muscle groups, focusing on your legs, back, core and arms in one easy to follow class. These sessions vary very slightly to ensure that you get a full and varied workout. The aim of encouraging people to stretch and mobilise their joints regularly is the key advantage of BODYPUMP. This original barbell class that strengthens your entire body. The 60-minute workout challenges all major muscle groups by using the best weight-room exercises like Squats, Presses, Lifting and Cross Body moves. This is the empowering cardio workout where you are totally unleashed. This fiery energetic program is inspired by Martial Arts and draws from a wide range of disciplines like Taichi and Muay Thai. Supported by driving music and powerful role model instructors, Strike, Punch, Kick and Kayo your way through over 1,200 different aerobic movements to create a fun and fitting workout.

#### BUFF & FIT

This 45-minute, low intensity class is suitable for all fitness levels. The class is designed to improve overall fitness, balance and posture. A fun and invigorating all over body workout in the water designed to effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise. Aqua (Deep) This session is a non-impact water based workout in deep water and is fantastic for all over body conditioning.

#### CALORIE KILLERS

High Intensity Interval Training (HIIT) is a fun way to work on your heart, muscles and stamina. This high-energy interval workout combines high-intensity efforts with an intense rest interval. This fierce and fun cardio workout where you are totally unleashed. This fiery energetic program is inspired by Martial Arts and draws from a wide range of disciplines like Taichi and Muay Thai. Supported by driving music and powerful role model instructors, Strike, Punch, Kick and Kayo your way through over 1,200 different aerobic movements to create a fun and fitting workout.

#### Core Conditioning

This 60-minute workout challenges all major muscle groups, focusing on your legs, back, core and arms in one easy to follow class. These sessions vary very slightly to ensure that you get a full and varied workout. The aim of encouraging people to stretch and mobilise their joints regularly is the key advantage of BODYATTACK. This original barbell class that strengthens your entire body. The 60-minute workout challenges all major muscle groups by using the best weight-room exercises like Squats, Presses, Lifting and Cross Body moves. This is the empowering cardio workout where you are totally unleashed. This fiery energetic program is inspired by Martial Arts and draws from a wide range of disciplines like Taichi and Muay Thai. Supported by driving music and powerful role model instructors, Strike, Punch, Kick and Kayo your way through over 1,200 different aerobic movements to create a fun and fitting workout.

#### CORRIDOS

A fun and invigorating all over body workout in the water designed to effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise. Aqua (Deep) This session is a non-impact water based workout in deep water and is fantastic for all over body conditioning.

#### Forever Fit

A fun, low intensity, low impact exercise for older adults who want to work on their heart, muscles and balance and flexibility. This all-in-one easy to follow class. These sessions vary very slightly to ensure that you get a full and varied workout. The aim of encouraging people to stretch and mobilise their joints regularly is the key advantage of FOREVER FIT. This original barbell class that strengthens your entire body. The 60-minute workout challenges all major muscle groups by using the best weight-room exercises like Squats, Presses, Lifting and Cross Body moves. This is the empowering cardio workout where you are totally unleashed. This fiery energetic program is inspired by Martial Arts and draws from a wide range of disciplines like Taichi and Muay Thai. Supported by driving music and powerful role model instructors, Strike, Punch, Kick and Kayo your way through over 1,200 different aerobic movements to create a fun and fitting workout.

#### HIIT

High Intensity Interval Training is the sports-inspired cardio workout for building strength and stamina. This high-intensity energy-level training class combines efficient aerobic movements with strength and stability exercises. Dynamic movements are designed to recapitate every movement that gives you that sting and burn. You are guaranteed to work on all your problem areas, incorporating the use of new and innovative equipment, and a combination of bodyweight exercises.

#### KARATE

SPECIAL REGULATIONS: Suitable for fourteen years and over.

#### Yoga

A fun, low intensity, low impact exercise for older adults who want to work on their heart, muscles and balance and flexibility. This all-in-one easy to follow class. These sessions vary very slightly to ensure that you get a full and varied workout. The aim of encouraging people to stretch and mobilise their joints regularly is the key advantage of FOREVER FIT. This original barbell class that strengthens your entire body. The 60-minute workout challenges all major muscle groups by using the best weight-room exercises like Squats, Presses, Lifting and Cross Body moves. This is the empowering cardio workout where you are totally unleashed. This fiery energetic program is inspired by Martial Arts and draws from a wide range of disciplines like Taichi and Muay Thai. Supported by driving music and powerful role model instructors, Strike, Punch, Kick and Kayo your way through over 1,200 different aerobic movements to create a fun and fitting workout.

#### PureStretch

A fun, low intensity, low impact exercise for older adults who want to work on their heart, muscles and balance and flexibility. This all-in-one easy to follow class. These sessions vary very slightly to ensure that you get a full and varied workout. The aim of encouraging people to stretch and mobilise their joints regularly is the key advantage of FOREVER FIT. This original barbell class that strengthens your entire body. The 60-minute workout challenges all major muscle groups by using the best weight-room exercises like Squats, Presses, Lifting and Cross Body moves. This is the empowering cardio workout where you are totally unleashed. This fiery energetic program is inspired by Martial Arts and draws from a wide range of disciplines like Taichi and Muay Thai. Supported by driving music and powerful role model instructors, Strike, Punch, Kick and Kayo your way through over 1,200 different aerobic movements to create a fun and fitting workout.

#### Zumba®

A fun and invigorating all over body workout in the water designed to effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise. Aqua (Deep) This session is a non-impact water based workout in deep water and is fantastic for all over body conditioning.

#### Water workouts

Aqua Fit & Zumba® incorporating all over body workout in the water designed to effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.