**Class Descriptions**

**Fore 环h Fit**
A fun, low-intensity, low impact class that is designed for those who are new or returning to exercise. This 60-minute class is a perfect way to tone up and get your heart rate up.

**BODYPUMP™**
A 60-minute pump class that will get you results where it counts. The 60-minute workout challenges all your major muscle groups by using the heaviest weight you can reasonably lift. So, whether you’re new to this style or have been doing it for years, you’ll be working up a sweat.

**BODYPUMP™ Express**
A 45-minute pump class that is designed for those who are new or returning to this style of workout. This class will get you working on your major muscle groups and will help you to get into shape.

**Zumba® Gold™**
A fun and energetic class that will help you to lose weight and tone up. This 60-minute class is a perfect way to get your heart rate up and keep you moving.

**GP Total Toning™**
A full-body workout that will help you to tone and strengthen all your key areas. This 60-minute class is a perfect way to get your heart rate up and keep you moving.

**GO TRI**
A series of classes that are designed to be held in the teaching pool. These classes are designed to help you to improve your swimming, cycling, and running skills.

**Armadillo Aqua**
These water-based classes are suitable for all age groups and are held in the school pool. These classes are designed to help you to improve your swimming, cycling, and running skills.

**Antenatal Aqua**
These water-based classes are designed for pregnant women. These classes are designed to help you to improve your swimming, cycling, and running skills.

**Yoga**
A class that is designed to help you to improve your flexibility and strength. This class is suitable for all age groups and is held in the school pool.

**Cardiac Rehab Phase I**
A cardiorespiratory class that is designed to help you to improve your heart function. This class is suitable for all age groups and is held in the school pool.

**Cardiac Rehab Phase II**
A cardiorespiratory class that is designed to help you to improve your heart function. This class is suitable for all age groups and is held in the school pool.

**Cardiac Rehab Phase III**
A cardiorespiratory class that is designed to help you to improve your heart function. This class is suitable for all age groups and is held in the school pool.

**Cardiac Rehab Phase IV**
A cardiorespiratory class that is designed to help you to improve your heart function. This class is suitable for all age groups and is held in the school pool.

**GP Seated Yoga™**
A seating class that is designed to help you to improve your flexibility and strength. This class is suitable for all age groups and is held in the school pool.

**Cardiac Rehab Phase V**
A cardiorespiratory class that is designed to help you to improve your heart function. This class is suitable for all age groups and is held in the school pool.

**Sensory Superstar**
A class that is designed to help you to improve your sensory integration. This class is suitable for all age groups and is held in the school pool.

**Go Tri Classes**
These classes are suitable for those looking to become a better swimmer, cyclist or runner. These classes are designed to help you to improve your swimming, cycling, and running skills.

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**Cardiac Rehab Phase III**
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**Cardiac Rehab Phase IV**
A cardiorespiratory class that is designed to help you to improve your heart function. This class is suitable for all age groups and is held in the school pool.

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