

GROUP EXERCISE

dare to be different

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	18.10 - 18.55 FREESTYLE PUMP Darrell	18.20 - 18.50 HIIT Bernadette			
	19.00 - 19.45 PILATES Bernadette	19.00 - 19.45 YOGA Debbie	19.00 - 19.45 SPIN Jemel		

FREESTYLE PUMP

A great workout for anyone looking to get lean, toned, and fit. Utilising light to moderate weights with lots of repetitions, Freestyle Pump gives you a total body workout.

HIIT

This High intense workout will get you sweating and shedding any unwanted fat as well as getting you super fit.

PILATES

Improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

SPIN

A Classic studio class designed to for fitness and weight loss, perfect to get you going and staying motivated.

YOGA

A great class that gets the body and mind working together; through poses and controlled breathing. This class will improve: strength, stamina, mobility, stability and body alignment slowly & progressively.

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