

CLASS DESCRIPTIONS

Spin: Ride on the flats, up hills ,through rolling hills motivated by great music and instruction. Spinning is perfect for everyone since you control the resistance and pedal speed creating just the right intensity for you.

Hi-Lo H2O: A low impact but high intensity water aerobics class. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance. Exercises will be in shallow and deep water.

Restorative Yoga: This slower paced class combines breath with slow and gentle movements, allowing time to explore yoga postures while creating strength, flexibility, and balance in the mind and body. Leave feeling refreshed, restored and at peace.

Power Yoga: Move at a faster pace, linking breath to movement. Heat is created in the body as you flow through traditional yoga postures as well as added core work and cardio. Improve your mental and physical strength with this vigorous practice and leave feeling calmer and more at peace.

Hatha Yoga: Moderate Yoga Flow with attention to detail to enhance the poses and overcome dysfunction. This class includes standing, seated and reclined poses to build strength and flexibility. Improved posture and focus are also benefits of the practice.

Water Walking: This is 1-hour designed to give participants their choice of individual water fitness. Such as water walking or your own fitness water workout in the deep water or shallow end of the pool. This class is self directed.

Aqua Yoga: A unique cardio workout class with a blend of Yoga and Pilates exercises in shallow and deep water.

LES MILLS

LES MILLS BODYCOMBAT

BODYCOMBAT combines moves and stances developed from a range of self-defense disciplines such as karate, boxing, Tai Chi, and kickboxing. It is a fiercely energetic experience taught in a safe and simplistic manner

LES MILLS BODYPUMP

A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study, BODYPUMP was verified by The University of Auckland as providing the fastest body fat loss of any fitness class.

LES MILLS RPM

Take the ultimate ride! RPM incorporates cycling, choreography and motivational coaching techniques to give you a completely safe, aerobic, adrenaline ride. Get in the zone and find out why RPM is totally addictive.

LES MILLS CORE

An intensely challenging 30 minute core workout that gets you results where it counts the most.

