

AQUA MOVERS – a fun water-based class to improve mobility, flexibility, and strength. Suitable for all fitness levels. 45 minutes.

AQUA WORKOUT – water-based class with more energetic moves. Great workout without any stress on your joints. 45 minutes.

GENTLE AQUA – Water-based class with modified low-impact exercises at an achievable pace. Suitable for beginners. Held in the program pool. 45 minutes.

BODYBALANCE – A blend of yoga, tai chi and pilates to build your flexibility and strength through controlled breathing, structured stretches and poses. 55 minutes.

BODYCOMBAT – Inspired by martial arts, this is a high-energy non-contact cardio workout. Kick and punch your way to fitness. 55 minutes.

BODYPUMP – A strength and conditioning class that uses barbells and weights to target all muscle groups. 55 minutes. Must be 16 years old or older to participate

BOXING – A high-intensity boxing class that incorporates punching and focus pads to improve your fitness. Suitable for all fitness levels. 55 minutes. Must be 16 years old or older to participate.

CBC - Coach By Colour - Suitable for all fitness levels! Participants are led through five intensity zones (ranging from very light to maximum effort) which are assigned colours. Throughout the class, the instructor will unify the group, encouraging everyone to progress through the zones at their level. 50 mins

CX WORX – Strengthen your core with this dynamic training that uses resistance bands and weight plates. 30 minutes.

HIIT STRENGTH/STEP - High-intensity interval training- designed to improve strength, cardiovascular fitness and build lean muscle. A high energy class including cardio training, interval training, weights and steps. 30 minutes. Must be 16 years old or older to participate

LM BARRE - Inspired by ballet, designed to tone postural muscles and build core strength. This class is a combination of cardio and strength without the traditional barre to support you. 30 mins.

PILATES - A class to help develop core strength and coordination through traditional Pilate's movement patterns, the use of breath and correct alignment. 55 minutes.

POWER YOGA – Build strength and flexibility with dynamic sequences designed to energise and improve your posture, flexibility, balance and enhance your overall sense of wellbeing. 55 minutes.

RPM – An indoor cycle workout that delivers maximal results with minimal impact. You will be led through hills, flats, mountain peaks, time trials and interval training. 50 minutes.

SPRINT - High-Intensity Interval Training (HIIT) using an indoor bike. Combines bursts of intensity, where you work as hard as possible, with periods of rest to achieve results fast. 30 mins

STRONG MOVERS – Low-impact full body workout that will improve strength, flexibility, fitness and mobility. Designed for older adults but suitable for all fitness levels. 55 minutes.

TAI CHI – A class that promotes balance and flexibility. Tai Chi can also help to improve circulation and is great for arthritis. 55 minutes.

YOGA - Designed to enhance vitality and a sense of well-being, the class provides all the classical hatha yoga postures including sun salutations as the central body of the class. It will have you moving with the breath while increasing your flexibility, strength and fitness. 55 minutes

Group Fitness Class access:

Participants must be 16 years of age to participate in Body Pump, Boxing, GRIT & HIIT.

Minimum age to participate in all other group fitness classes are 12 years of age