

CLASSES	DESCRIPTIONS
BOOT CAMP	An exciting and intense workout, where we bring the benefits of military fitness to your everyday fitness regime by using a combination of body weight exercises mixed with kettle bells, free weights and medicine balls that will push you to your limits. This specially tailored boot camp can be quite challenging, but also hugely rewarding. It facilitates the ultimate physical condition to achieve a strong-shredded body.
PILATES	This mind and body class is focusing on 5 main principles. Control, centering, concentration, breathing and flow. Slow and controlled movements strengthen and lengthen muscles helping rebalance the body.
SPINNING	Highly motivating and rewarding cycling classes with exciting music to suit your ability and training schedule.
BODY SHAPE	Train your muscles in this freestyle conditioning class. High repetitions with or without light weights which burn muscles to shape your body. This is the ultimate total body workout.
FARTLEK	'Farlek' is a form of interval speed training designed to improve pace and endurance. Challenge yourself with explosive running and conditioning exercises combined with recuperative slow jogging blocks.
CIRCUIT TRAINING	A class with multiple stations focusing on a wide range of muscle groups and training principles to give you a great calorie-busting workout.
LEGS BUMS TUMS	This conditioning class is designed to tone and shape your gluteals (bums), abdominals (tums) and leg muscles with a variety of standing and floor-based exercises.
HIP HOP	This funky and energetic class combines the basic to the more complex movements and step combinations. Learn how to pop, lock and move like a "Superstar" to the beats and rhythm of Hip Hop music whilst burning up those calories.
RIPPED	This high intense total-body workout program masterfully combines the components of R.I.P.P.E.D. - Resistance, Intervals, Power, Plyometrics and Endurance along with Diet suggestions.
ABS	This class is a specific training that focus on core strength and stability.
BALL SKILLS	Focuses on multiple sports codes that encourages full body movement and child or teenage development skills through kicking, throwing, rolling, dribbling, play, ball control and hand eye coordination.
SWIMMING	Our classes are an ideal way to introduce you to the world of water fitness this type of activity will increase heart rate and work specific muscle groups in a fun and challenging setting.
FUN GAMES	Are you talented with your hands and like doing sports? Then join this fun class that will focus on the development of your hand muscles, while it will improve your overall fitness through a variety of specially designed hand games.
INTERVAL WORKOUT	Interval training is the ultimate cardiovascular workout, a lot of fun, very effective and best of all, interval training makes it possible to get better results in less time, helping you reach your fitness and weight loss goals quickly.
FUN COMBO	This is a fun class which allows the participants to interact socially using smart ball skills drills, functional games combined with obstacle challenging activities.

