

Fitness Class Description
Gymnasium Room Supervision 7:00 a.m. - 8:00 p.m.

Fitness Class Information

GYMNASIUM ATTIRE

FOR YOUR SAFETY NO ADMITTANCE 15 MINUTES AFTER THE HOUR.

PRIVATE SESSIONS MAY BE BOOKED FOR MOST OF THE CLASSES LISTED (AN ADDITIONAL CHARGE MAY APPLY).

PACE YOURSELF - CHOOSE CLASSES APPROPRIATE FOR YOUR FITNESS LEVEL AS INDICATED.

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ALL LEVELS

BEGINNER

INTERMEDIATE

ADVANCED

Abs Express (30 min)	: 30-minute class promotes the strengthening of the abdominal muscles.
Abs & Back Workout	: This class focuses on abdominal and back conditioning.
Abs, Buttocks & Thighs	: Designed for both men and women, promotes strengthening of the abdominals, buttocks and thighs.
Ai Chi	: For improved mobilisation and relaxation through warm water movement.
Aqua Aerobics with Noodle	: Exercise in the water to improve cardio-vascular and strengthen muscles with noodle equipment.
Aqua Aerobics with Hand bouys	: A non-impact cardio-vascular workout, improves muscle endurance and tone with more challenge using hand buoys.
Aqua Box**	: A combination of aqua aerobics and boxing. Higher intensity. Intermediate level.
Aqua Circuit **	: More challenging in-water exercise, helps to promote cardio-vascular and muscle strengthening.
Body Awareness	: Exercise with easy movement and non-habitual patterns to realign the body.
Body Tuning	: Your body is an awesome life-conducting instrument. Learn some self-care techniques with great take-home value that will help you tweak the squeek into a hum.
Cardio Kick**/***	: High intensity aerobics workout incorporating punching, jabbing, hooking and kicking.
Dynamic Meditation	: Expect the unexpected – explore different ways of mental and physical exercises leading towards total release, peace and deep relaxation.
Fascial Dance	: For stimulating the Fascial Connective Tissue, massaging inner organs, stretching and sensing your body with breathing techniques and movements.
Fitball & Free Weights**	: A combination of fitball and weight training, a great workout for strength and body control.
Fitball Class	: Improve mobility, stability, balance and strength. Can help with circulation, posture control, coordination and reduce muscle tension.
Gyrokinesis	: A unique exercise that combines the principles of Yoga, Dance, Tai Chi and Gymnastics together for a dynamic stretch.
Hand and Foot Waker	: Using waker and small ball to release tension in hands and feet. Like you are having reflexology.
Hatha Yoga	: An Ideal Yoga session for bigginers, that covers the selection of treading traditional Yoga Practices which works in physical conditioning & relax the mind
3 in 1 Aerobics**/***	: A high energy aerobics class using body strength. Combines low impact aerobics, step aerobics and toning with fitball.
Kinesis Exercises**/***	: A new generation of exercise equipment that aims to correct the balance between mind and body.
Low Impact Aerobics*/**	: An aerobics class with a total body workout. Designed to be gentle on the joints.
Nada Sadhana	: The combination of Pranayama (breathing practice) & Meditation that helps to release the energy blockages & makes one feel rejuvenated
Neurobic Exercise	: Use your five physical senses and your emotional senses in unexpected ways and encourage you to shake up your everyday routines.
Nutrition for Health and Longevity	: A talk by our Naturopath on the modern diet, stress, inflammation and disease and how emotional states influence food choices.
Physical Balance	: Various basic movements combining Tai Chi, Yoga and Pilates. Promotes body strengthening, conditioning and balance.
Pilates on the Reformer	: Great workout, more interesting, helps to improve coordination, balance and more challenging with Reformer machine.
Pranayama	: Various Yogic breathing techniques to energize or calm the mind, boost the respiratory system.
Stretch Class	: Helps to decrease muscle soreness, improve flexibility and reduce stress.
Tai Chi Chuan	: An ancient Chinese art combining mind, body and spirit.
Thai Boxing Class	: The ancient Thai art of self-defense. Learn the basic kick and punch techniques of the powerful yet easy to learn form of self-defense.
Toning Ball	: This exercise combines core stability and upper body toning by using the small ball to help strengthen, tone and increase stability for the whole body.
Total Body Rolling	: The new form of workout that helps you to get rid of the tension and tightness for the whole body.
Vinyasa Flow	: A fun, flowing practice connected through Vinyasas (linking movements).
Watsu Demonstration	: The combination of stretch and Zen Shiatsu massage in water, helps to release tension in the mind and body, good for deep relaxation and mobilising the spine and joints.