

# SAALC GROUP FITNESS

## Class Descriptions

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### Aqua Blast

Held in the Shallow pool, this workout consists of short cardio bursts of exercises, followed by active recovery. Intense training in the water generates cardio. Plus some fun dance and cardio workouts in the water.

### Aqua Blend Shallow

Workout in the water with a blend of low impact exercises that aim to promote cardiorespiratory fitness, strength, mobility, and wellness.

### Aqua Bootcamp - Deep

Held in the Deep pool, using a 45-or 60-minute workout which consists of short, cardio bursts and strength exercises, followed by active recovery. Intense training in the water generates cardio.

### Aqua Conditioning - Deep/Shallow

This class is an AQUA class focusing on cardio and strength conditioning. This class you will at times using some equipment. You will be working through functional, mobility and cardio exercises, which will leave you feeling you have had an overall conditioning workout.

### Aqua Dance Party

Held in the Shallow Pool, Aqua Dance Party is a fun Dance class in the pool. AQUA Dance Party will be music of the 1990's and 2000's. Come along and have a fun dance and cardio workout in the water.

### Aqua Deep Water Running

To provide regular aqua participants an opportunity to challenge their cardiovascular fitness and muscle endurance in deep water with the aid of floatation belts if required..

### Aqua Disco

Held in the shallow pool, it is a fun as it sounds. Splashing, singing, laughing and fun so you are sure to leave with a smile on your face.

## AQUA Express

What you will expect in this class mixture of HIIT drills with strength and conditioning work, plus core work, with the use of equipment – Drumsticks, noodles, dumbbells, frisbees, and round disks. This class will be fast paced, with moving through sets quickly.

## AQUA Express Power

This class is a faster paced AQUA class to get participants working harder in a shorter period of time. What you will expect in this class mixture of HIIT drills with strength and conditioning work, plus core work, with the use of equipment – Drumsticks, noodles, dumbbells, frisbees, and round disks.

## Aqua Kick, Splash, Jab - Shallow

Kick, Splash and Jab your way in this high energy water class, that combines traditional boxing moves and high intensity interval training. This will increase fitness, strengthen the core, improve endurance and burn calories.

## Aqua Shallow

From the basic stage for beginners, to the highly advanced stage for experts there are a variety of programs, involving the use of upper and lower body. The goal of Aqua is to augment the cardiovascular conditioning. The resistance of water gives strength and flexibility, leading to better muscular endurance and balance.

## Aqua Strength and Fitness - Shallow

Held in the shallow pool, fun and Fitness! This class will take your aquatic workout to the next level. A fun but challenging water workout to strengthen and tone.

## Aqua Tabata / HIIT - Deep

A high impact, high repetition workout to timed intervals, to improve both strength and cardiovascular fitness. This class is fast moving and will have quick changeover.

## Aqua Ultimate - Shallow

Held in Shallow pool, using a 45 minute workout which consists of short, cardio bursts of exercises, followed by active recovery. Intense training in the water generates cardio.

## Aqua Zumba

Held in the Shallow pool, the same as Zumba but in the water! It is a fun as it sounds. Splashing, singing, laughing and fun so you are sure to leave with a smile on your face

## Barre Flex, Stretch and Calm

Barre Free 45 is a fun, energetic workout using a chair that fuses techniques from dance, Pilates & yoga to tone, define & sculpt the whole body. Flex & Stretch 30 is a fun, flowing stretch class focusing on flexibility, control & balance to lengthen & strengthen the whole body & finishes with 3-5 minutes of mindfulness which will calm the mind. Leave this class feeling toned & invigorated whilst being totally relaxed & calm. Is 75 mins too long? - that's ok with this class format you are able to leave after the Barre Free section

## Butts, Thighs and Tummies

This class is designed to tone, sculpt, and tighten the lower body. With a focus on core strength and stability. A combination of exercises using body weight, resistance bands, light weights and sliders will target those problems and keep you guessing what will come next.

## EPIC Box Fit - BYO Gloves

This class will combine EPIC Cardio with Box Fit, it is a functional, cardio, plyometric and boxing session that maximises your effort level. Push your limits using Boxing drills, bodyweight and cardio exercises. This class will have your burning fat, building lean muscle and will take your fitness to a new level. BYO Gloves

## EPIC Express Burnout

This class is a 35-minute express class held in the Group Fitness Studio, with the usage of the cardio machines in the health club. The instructor will coach the session and push you to your limits. All the sets will be worked in Partners or Groups. With the combination of bodyweight and weighted exercises, and usage of steps and machines. You will expect HIIT training, ladders, AMRAPs and high cardio training.

## EPIC Express Circuit

This is a 35-minute express circuit class held on the Gym floor, using various equipment – Cardio Machines, TRX, floor and weight work. This class will be an interval based circuit class, moving from station to station.

## EPIC Express Conditioning

This class is a 35-minute express class held in the Group Fitness Studio, with the usage of the cardio machines in the health club. The instructor will coach the session and push you to your limits. With the combination of bodyweight and weighted exercises, and usage of steps and machines. You will expect HIIT training, ladders, AMRAPs and high cardio training.

## EPIC Express Strong

This class is a 35-minute express class held in the Group Fitness Studio, with the usage of the cardio machines in the health club. The instructor will coach the session and push you to your limits. This class will use more weights for strength training, with the combination of cardio. You will expect HIIT training, ladders, AMRAPs and high cardio training.

## EPIC Power

Functional, cardio, plyometric and strength session, designed to improve your strength and cardiovascular fitness, and build lean muscle. This class uses weight plates, step and bodyweight exercises. EPIC45 will have you burning fat, building lean muscle and will take your fitness and strength to a new level. Get ready for an EPIC workout.

## EPIC 101

EPIC 101 is a HIIT class, designed to improve strength, cardiovascular and build lean muscle. Using weight plates, barbell, and some plyometric cardio exercises. This class starts by using weights and strength training and adding HIIT throughout the class.

## Functional 30

A functional class that focuses on working your entire body using various equipment from weights, balls, ladders, cones and many more. You will expect in this class a mixture of circuits, PODS, AMRAPs, Ladders and intervals. This class will keep you guessing to what happens next each week.

## Functional Full Body Circuit

A functional strength workout that focuses on working your whole body. Mixed circuit of strength, body weight and cardio exercises.

## Flex, Sculpt, and Tone

This is a Pilates-inspired classes, with various exercises that will help strengthen, stretch, create lean muscle and shape the body. You'll notice improved flexibility and body awareness by emphasising stability and balance. Tone and sculpt your body, targeting the glutes, back, arms, legs and core. You will leave feeling long, lean and toned with this full-body workout.

## Les Mills Body Attack

This high-energy interval training class combines aerobic movements with strength and stabilisation exercise. Dynamic instructors and music motivates everyone towards their fitness goals.

## Les Mills Body Pump

Challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music and your choice of weight to inspire you to get results you came for.

## Les Mills RPM

Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, speed work and interval training. Discover your athlete within – cycle, sweat and burn to reach your endorphin high.

## Lower Body Blitz

Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, speed work and interval training. Discover your athlete within – cycle, sweat and burn to reach your endorphin high.

## Mature Movers Circuit

Mature Movers Circuit is a light paced class using hand weights and barbells, designed to strengthen and tone participants, mixed with gentle cardio to lift the heart rate with everyone able to work at their own level. Join us in the group fitness room for a fun and social style class.

## Meditation in Motion

This class is a 30-minute freestyle Wellness class, inspired by a Tai Chi flow. You will experience in the class a Tai Chi style of flow, involving a series of slow and gentle movements including physical postures, controlled breathing and finishing with a brief meditation.

## MotionFlow

Groove - stretch - relax. MotionFlow is a movement-based stretch and balance class with mindfulness. Groove and stretch to find your flow to beautiful music in this class like no other. Take time out of your day to move your body, get a clear head to get focused on the here and now. You'll like feeling like you've had a full body massage, your muscles feeling lengthened, strengthened and relaxed.

## Pilates

Pilates focuses on controlling and engaging the deeper abdominal muscles that protect the lower back. Many moves additionally concentrate the mind by using balance and coordination.

## Pilates Blend

This Pilates workout will be targeting and sculpting every single muscle in your body and you will finish feeling lean, strong and lengthened.

## Pilates Burn

A classic Pilates Mat class with traditional movements and added burn-out rounds to challenge each muscle group till failure. This class includes various exercises that will help strengthen, improve flexibility, create lean muscle and shape the body. You will leave feeling long, lean and toned with this full-body workout.

## Power Flex, Sculpt and Tone

This is a Pilates-inspired classes with weights, with various exercises that will help strengthen, stretch, create lean muscle and shape the body. You'll notice improved flexibility and body awareness by emphasising stability and balance. Tone and sculpt your body, targeting the glutes, back, arms, legs and core. You will leave feeling long, lean and toned with this full-body workout.

## Power Pilates

This high-energy style Pilates class will keep you motivated and challenged. This style uses classical Pilates as a foundation, expanding from there, adding variations to the movement and possible use of equipment. Power your way through this workout designed to target strength and control.

## Reformer Cardio Sculpt

A classic Reformer class with added high-intensity whole body exercises. A challenging class designed to lift the heart rate, transform the body, working on strength and endurance. There are many focuses on the many applications of the reformer, with added weights, balls, and rings. **\*\*Pregnancy – Not suitable after the first trimester\*\***

## Reformer Lower Body Blast

A challenging lower body Reformer class to tone, sculpt and tighten the lower body. With a focus on core strength to help shape the waist, glutes, and legs. Using A combination of exercises on the reformer, with the inclusion of weights, balls, and rings. **\*\*Pregnancy – Not suitable after the first trimester\*\***

## Reformer Pilates

Reformer classes are 50 minutes in duration and are a fantastic way to improve strength and flexibility whilst having fun. Using the Pilates Reformer machine, you will work on balance, alignment, core strength and muscle tone. The Reformer machine adjusts to suit your strength and flexibility.

## Reformer Pilates Fusion

A Traditional Reformer Workout that focuses on building foundations of strength and technique on the Reformer and learning all the classic movements with added equipment to challenge the full body. **\*\*Pregnancy – Not suitable after the first trimester\*\***

## Reformer Pilates Fusion Plus

A classic Reformer full-body workout focused on posture & toning. It's a challenging, moderate-high intensity workout suitable for all fitness levels and those who want to focus on technique, increasing strength and stability. **\*\*Pregnancy – Not suitable after the first trimester\*\***

## Reformer Strong Pilates

This high-energy style Reformer Pilates class will keep you motivated and challenged. This style builds on the classical Pilates foundations by adding variations to the movement and possible use of equipment. Power your way through this workout designed to improve strength and power through the full body. **\*\*Pregnancy – Not suitable after the first trimester\*\***

## Schwinn

Experience a unique workout that simulates the real-life cycling feel of an outdoor bike in a controlled, hard-peddalling indoor environment. Adjust resistance levels in continuous increments and you'll burn calories while feeling like you're riding through rolling hills.

## SPIN

These freestyle spin classes are set to test your fitness using intervals, power climbs and other means. These classes will push you to new limits every time.

## SPIN Express

These classes are a 30-minute class, they will be a HIIT and Power style class, that is designed to get the maximum effort out in a short time. You will expect intervals, Tabata and sprints.

## SPIN Power

This freestyle Spin class will take your cycling to the next level. Get ready to be pushed to your limits with Power climbs, Endurance drills, and intervals with little to no rest. Are you ready for a Power Spin workout?

## Stroke Correction

Stroke Correction is a swim technique and stroke correction class. It improves your stroke and helps you become more efficient in the water. Suitable for all ages and levels.

## Total Body Burn

This class will build a foundation with plenty of strength and mobility exercises, adding cardio to burn out each muscle group, with added agility, functional training. This is fun very high-energy class.

## Total Body Strength

A strength-based class designed to burn calories while building strength and endurance. This class will target and challenge all muscle groups of the body with a combination of weighted and body weight exercises.

## Ultimate Endurance

This class is a 60-minute Bootcamp class, which is held in the concourse. A total body workout, using agility drills, running, HIIT, team and partner work. This class will be a lot of fun and will put you to your limits in each session.

## Upper Body Blitz

No upper body muscles will be missed in this upper body class. Divided into parts to isolate different muscle groups as the workout progresses, get ready to strengthen, tone and improve your posture, in a short time.

## Yoga

A flowing practice connecting breath and movement. Designed to increase strength, endurance, and flexibility. Options provided for beginner and intermediate levels.

## Yoga for Stress Relief

This gentle yoga session has been put together using postures, breathing and meditation practices, that will help relieve stress at physical, mental and emotional level. Pregnancy welcome.

## Yoga (Hatha)

A slow paced, gentle style of Yoga that is good for any level. It will help relieve stress and leave you feeling strong and re-energised.

## Yoga (Raja)

A balance of stretching and strengthening postures that aim to leave you feeling strong, centred and re-energised, while improving posture, alignment and relieving tension and stress.

## Zumba

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate intermittent training, alternating fast and slow rhythms and resistance training.

## Zumba Gold

This class is Perfect for Active older adults or people new to Zumba, who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong.