

## FITNESS PROGRAM SESSION

Need a plan to help you reach your fitness goals? If so, book yourself into a Fitness Program Session (bookings made at reception). During this 30-minute session, our Trainers will provide you with a basic 4-week fitness program. Upon completion, you can book yourself in again to update it.

Times: MON - FRI | 8.30-9AM, 2.30-3PM & 4.30-5PM SAT - SUN | 8.30-9AM & 2.30-3PM

## CLASS DESCRIPTIONS

■ Calm   ■ Cardio   ■ Strength   ■ High Intensity   ■ Age Specific

**CORE X (SG)** Train your entire core area, including abs, obliques, glutes and lower back. Be prepared to use the TRX, bands, weights, old school floor exercises and so much more.

**PILATES (GF)** Appropriate for all fitness levels. Focus on your stability, and flexibility in this slow but challenging full body workout.

**STAND STRONG (GF)** Work specifically on your abs, back and glutes as well as your overall mobility. Perfect class to improve your posture and silhouette.

**YOGA (GF)** Personal practice allowing you to connect your movement with your breathing. Get stronger, more flexible and calmer.

- Hatha Yoga is designed to align and calm your body, mind, and spirit. You'll be holding a series of individual poses.

- Vinyasa Yoga is an active style that will keep you moving on a guided sequence of movements.

**AQUA CLASSES** Great for anyone looking for a fun but low impact cardiovascular workout. Use the water as a variable resistance tool: the faster you go, the harder it will be.

Aqua Shallow (pool) will make you jump, run, push, pull and kick in rhythm. Aqua Deep (pool) will require more core work to control your body position. You'll be wearing a buoyancy belt to keep you afloat but confidence in deep waters is required.

**CYCLE / RPM (GF)** No-impact cycling workout, designed to burn calories and get your heart pumping. Join us on a journey of hill climbs, sprints and flat riding with us.

**ZUMBA™ (GF)** Join the party with this fun dance fitness class where you'll sweat along to your favourite latin and moderns songs.

**BODYPUMP™ (GF)** Sculpt and strengthen your entire body with this full body free weight workout. Learn safe and efficient lifting technique in a fun environment.

**FUNCTIONAL STRENGTH (SG)** Lift, Push, Pull, Carry, Hold, Run, Jump and Throw. This class is designed to test all facets of your physical strength and athleticism.

**BODYATTACK™ (GF)** High-energy fitness class that focusses on power, agility and strength. Combine athletic movements (running, lunging and jumping) with strength exercises (push-ups, squats, crunches) on the beat of the music.

**BOX FIT (SG & GF)\*** Jab, Cross, Hook, Uppercut. Combine intense boxing drills with elements of boxing inspired fitness training and conditioning. Pair up with a friend, or meet a new training partner on the spot. (\*Inner gloves are compulsory)

**CYCLE WARRIOR (GF)** Get toned with this full-body interval training workout. Alternate between low impact cardio bursts on the bike, and resistance work using gravity, weights or resistance bands.

**H.I.I.T (SG)** Our High Intensity Interval Training class will blast you with intense intermittent bouts of exercise followed by easier ones to leave you breathless. Adapt your speed/resistance to work harder.

**STEP IT (GF)** Sweat in rhythm of your favourite tracks in this fun and challenging workout. Train every muscle of your body using various equipment like STEP, resistance bands and weights...

**TEEN GYM / 11-15 Years Old (SG)** This after school program is a fun and friendly option for teenagers of all fitness levels. Our qualified Personal trainers will teach them the fitness fundamentals and techniques.

**YMCA PrYme / 50+ Years Old (GF)** A class designed for our over 50 years old members wanting to stay fit and prevent injuries. PrYme Life focuses on posture, core and balance, PrYme Strength focuses on keeping muscular tone, and PrYme Active focuses on cardio vascular exercise and speed.

**BONEFIT+ / 50+ Years Old** This class is perfect for people who want to stay autonomous longer and delay osteoporosis. Our exercise physiologists offer a personalised circuit class suitable for people suffering from various conditions such as heart problems, diabetes, arthritis etc... Ask for more information at reception!

**PERSONAL TRAINING+** Are you bored with your workout? Lack motivation? Don't know what to do at the gym? You are not seeing the results you wanted? Then Personal Training is for you! Get one of our experienced and qualified Fitness Professionals to design a customised program that will help you finally achieve your fitness goals. You can also train with your friend or partner with our small group PT options. Fill in a PT form at reception to begin your journey.

(+ Indicates services at an additional cost)

**ALWAYS INFORM THE INSTRUCTOR IF YOU HAVE ANY INJURIES**

