

TRI X FITNESS

CLASS DESCRIPTIONS

CLASS	DESCRIPTION
REBOOT	A functional circuit based class using a wide range of equipment. No two Reboot classes are the same!
REBOOT CHARGE	High intensity, functional full-body training, mixed into a 30-minute explosive bodyweight workout.
REBOOT FLEX	Improve flexibility, stability and strength using techniques from Yoga, Pilates, Callanetics and Release Stretches.
GROUP CYCLE: FREE BEATS	Group Cycle classes focus on endurance, strength, intervals, high intensity and recovery, using special stationary exercise bikes with a weighted flywheel.
GROUP CYCLE: PEAK EXPRESS	Instructor led cycle class that will push you to your limits with intervals, gradual hills & sprints all within 30 minutes.
CORE	Exercises that involve the use of your stomach muscles & back muscles in a coordinated way. Feel the burn!
LES MILLS: BODY COMBAT	A high-energy, martial arts-inspired workout (non-contact) Punch and kick your way to fitness and burn up to 570 calories* in a class. Learn moves from Karate, Taekwondo, Boxing, Muay Thai and Kung Fu. Release that stress!
LES MILLS: BODY PUMP	Using bars and weights, this is a high rep, lower weight, total body strength workout that will shape and tone all major muscle groups, increase core strength, improve bone health and leave you feeling strong and fit.
LES MILLS: BODY STEP	A full-body cardio workout to really tone your butt and thighs. You can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs.
LES MILLS: BODY BALANCE	A new generation yoga class that will improve your mind, your body and your life. Expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates with inspiring soundtracks.

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KETTLEBELLS	A dynamic workout that works on improving muscular & cardio endurance, strength, balance. A challenging but efficient workout using only 1 piece of equipment.
LIFT	Learn to lift in a small group setting using various strength & conditioning equipment & techniques. The purpose of this session is to give you the tools, skills and confidence to workout independently in the Free Weights area of the Gym.
HYROX	Hyrox is FITNESS RACING combining both running and functional workout stations. This is not for the faint hearted, so come prepared for a big workout and lots of running!
BOOTCAMP	Using our studio, functional area and gym floor, this multi-disciplinary session will work you from head to toe.
YOGA	Yoga is a mind & body practice, building strength & flexibility. It can help manage pain & reduce stress. Various styles of yoga combine physical postures, breathing techniques & meditation.
PILATES	Pull out your gym mat and get ready to do a series of movements that will stabilize and strengthen your core. You'll get stronger, gain flexibility and improve posture & wellbeing.
LEGS, BUMS & TUMS	LBT is a full body aerobic workout that aims to tone up thighs, bum and stomach. LBT is helpful if you want to lose weight or improve your fitness level. Exercises include squats, lunges, jogging on the spot, small weights and bodyweight, all to the beat.
ZUMBA	Each Zumba® class mixes low-intensity & high-intensity moves for an interval-style, calorie-burning dance fitness party. A total body workout, combining all elements of fitness.
DANCEFIT	Come on a musical journey! DanceFit with Lottie is a fun, dance based exercise class across a huge range of musical genres.