

## Cardio Classes

### BODY COMBAT

Bodycombat is the empowering cardio workout where you feel totally unleashed. This fiercely energetic program is inspired by mixed martial arts, and draws from a wide range of disciplines such as karate, boxing, taekwondo and muay thai.

### BOOTCAMP

A bootcamp workout is basically a type of high-intensity interval training (HIIT) - burst of intense activity alternated with intervals of lighter activity.

### ACTIVE OVER 50s

A low impact, low intensity class specifically designed for the over 50s and those commencing exercise for the first time. Prior to participating we recommend undertake a fitness assessment with health and fitness staff.

## Cycling Classes

### RPM

RPM is a high-octane indoor cycling class, where you ride to the rhythm of powerful music. You will take on the terrain with your instructor through hills, flats, mountain peaks and speed intervals on your way to a 500+ calorie-burning high.

### CYCLE

An indoor cycling class that is just as much about fun as it is perspiration. Classes cater for all levels of fitness, and no experience or coordination is required. An excellent fat burning class where you are in control of the intensity, all set to fun singalong music.

## Strength-Based Classes

### BODY PUMP

Bodypump is the original barbell class that will sculpt, tone and strengthen your entire body - fast! It's one of the fastest ways to get in shape, as it challenges all of your major muscle groups as you squat, press, lift and curl to the latest motivating, chart-topping music.

### SENIOR STRENGTH TRAINING

A gym floor based session focusing on strength and mobility, where you can work out with like-minded people and have a cuppa afterwards. Please see gym staff for a fitness assessment prior to your first session.

## Mind + Body Classes

### BODY BALANCE

Bodybalance is a yoga, tai chi and pilates workout that builds flexibility and strength while leaving you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of exercises create a holistic workout, bringing harmony and balance to the mind and body.

### YOGA

Yoga is a traditional practice that aims to create a greater awareness of the body. Accompanied by soothing music, the class moves through a series of poses and stretches, including floor exercises and more challenging standing and balancing work, finishing with relaxation and meditation.

### PILATES

A class based on traditional principles, it's perfect for anyone looking to improve core strength and functionality, flexibility, and injury prevention and management.

### TAI CHI

This is a gentle martial art that's well known for its health benefits. It is considered to be a form of 'meditation in motion', promoting serenity and inner peace while improving balance, posture, concentration and overall wellbeing.

## Aqua Fitness Classes

### LITE 'N' EASY

A low intensity aqua fitness class, this is suitable for beginners, seniors or those managing injury or illness. This class uses various equipment, such as pool noodles and dumbbells, to tone and shape the body, while providing a gentle cardiovascular workout.

### HIGH ENERGY

Higher in intensity, this aqua fitness class is designed to suit the regular participant, or those who wish to progress from Lite 'n' Easy. This class features a larger cardiovascular component and uses equipment to create a whole body fitness and toning workout.

### AQUA DEEP

This aqua fitness class is conducted in deep water, where participants rely on their own buoyancy to create the workout - buoyancy belts are available if required. This class allows participants to work as little or as hard as they choose, and the zero-impact is perfect for those with joint problems or injuries.

### SWIMFIT

Led by a qualified ASCTA swim coach, this program is for those who can swim freestyle, but would like to improve their swimming capabilities for general fitness or for competition. Stroke correction is also provided; however, this is a non-competitive swim group which can assist beginners and advanced swimmers.

## Virtual Classes



LES MILLS DANCE is a 45-minute high-energy workout that will challenge and move your members. Each class includes 10 stand-alone tracks, each introducing new choreography. The workout is anchored in 3 cardio peaks, a warmup and cool down. It incorporates innovative dance movements that work cohesively with music inspired by global dance genres.



Les Mills SPRINT – High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.



Les Mills THE TRIP - A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds.



Les Mills BODYATTACK – the high-energy fitness class with moves that cater for total beginners to total addicts and gets you fit for the sport of life.



Les Mills Barre – A modern expression of classic balletic training designed to shape and tone the muscles and build core strength.



Les Mills Core – Exercising muscles around the core of your body, Les Mills Core provides the vital ingredient for a stronger, leaner body.



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