

CLASS DESCRIPTIONS

PILATES MAT:

Classes incorporate all the key principles of Pilates such as postural alignment, breathing, core stability, controlled movement, and flexibility. They are low impact.

GTS (GRAVITY STRENGTH TRAINING):

Total Gym Gravity Training System. GTS classes focus on increasing functionality and overall strength whilst only using your own body weight as resistance. GTS classes increase endurance, coordination, and balance. These classes are great for members that wish to sculpt their bodies and enhance functional performance

TRX (TOTAL RESISTANCE EXERCISES):

TRX refers to a specialised form of suspension training that utilizes equipment developed by former U.S. Navy SEAL Randy Hetrick. TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises.

PILATES BARRE:

Inspired by Pilates and Ballet. Low impact designed to strengthen and tone. This class involves combinations of upper and lower body exercises to tone, increase flexibility and coordination.

MAT & PROPS:

Easy to follow, low impact muscle toning class. Using studio equipment such as dumbbells, booty bands, steps, and TheraBands. Comprising standing and mat work concentrating on the principles of Pilates - Precision, Control, Concentration, Flow, Centering and Breath.

FUNCTIONAL FIT:

Functional movement is about preparing the body for what life throws at you. Training the muscles to work together to create better movement in real life situations and activities. The class focuses on balance/strength and has some cardio components.

STEP MOVES & STEP CORE:

Step Moves and Step Core are both fun and energetic classes for all fitness levels. Step Moves is dance inspired, where you'll find yourself moving to the music and getting sweaty. Step Core focuses on light resistance training whilst you are completing basic step moves.