

Cardio Combat:

Kick, jab and hook your way into Cardio Combat shape! This high energy class delivers boxing inspired moves and sports conditioning in a group setting. Check out this calorie blasting, easy to follow class today!

Wed 12:05pm

X-Train Power:

This class combines the benefits of cardiovascular and strength training in a series of timed intervals. Improve your performance and get two workouts in one!

Mon 12:05pm

Pilates:

Grow with Pilates...literally! Improve your strength, flexibility, posture and alignment by strengthening your abdominals, back, "glutes" and legs. There are a number of different levels to suit everyone's needs. This workout promotes functional fitness – the ability to improve in other sports through improved core strength.

Tues 12:05pm, Tues 7:30pm

Cardio Tone:

A toning class that keeps you moving so you also get a cardio workout. It's great for shaping, toning and calorie burning and it's suitable for all ages and all fitness levels. It's a full body workout and it is perfect for those who want quick results but are restricted by time.

Tues 6:30pm

Salsa:

Fun moves, fun music. If you like Salsa or simply enjoy moving, you'll love this no-stress workout. Gain a new perspective on exercise with do-able moves and find out how much fun fitness can be. Suitable for all levels.

Wed 7:30pm