

Y | **YOGA**
at habit 1hr

This holistic work-out combines the principles of correct body alignment, linking postures and breathing with the aim of balancing the body and mind through physical exercises. Resulting in a well rounded class that can be tailored to individual needs.

PL | **PILATES**
at habit 1hr

Pilates focuses on improving flexibility, core strength (back and abdominals), posture, muscular endurance and can help to correct muscle imbalance. It is a great way to complement any fitness program, suitable for anyone.

CT | **H.I.T
CIRCUIT**
at habit 40mins

High Intensity Training. A fitness class that will really get your heart rate up. This is interval training at it's best and incorporates the upper body, lower body and the all important core all while boosting your aerobic fitness. This 40 minute class is designed to push you to new limits and is a great tool to incorporate into anyones fitness regime.

BS | **BODY
STRETCH**
at habit 35mins

This 35 minute stretch class is a genral all body stretch and is a great class to attend before or after a hard workout.

BC | **BOX
CIRCUIT**
at habit

A boxing style workout focusing on technique, upper and lower body strength and cardiovascular conditioning. This is truly a whole body workout.

P | **POWER**
at habit

A real weights workout that cleverly utilizes progressive loading and has been intelligently designed to strengthen, build and tone your body with the added bonus of increasing your fitness

S | **SPINNING**
at habit

Spinning is a non-weight bearing cycling cardiovascular work-out great for improving aerobic capacity and burning calories. Experience an all terrain work-out suitable for all levels of fitness and abilities, make it as easy or difficult as you like.

