

Gentle Exercise (45mins)

Light group training including resistance, stretching and cardiovascular exercise in one session. Suitable for all ages who enjoy low intensity activities and achievable for those a little older in age.

inCommand (60mins)

Our class is a military inspired, group personal training class. Each class will push you to your limits as you achieve serious results, seriously fast, in a positive and social environment

inABT (60mins)

A low to moderate intensity class, with strength & conditioning designed to target the muscles of the abdominal area and lower body.

inBox (45mins)

Designed to improve the lifestyle of our participants through weight loss and increased muscles tone, fitness and confidence. No experience is necessary! \$2 boxing inners available at reception.



A music-based fitness program made up of step aerobics, cardio and strength workouts, moving to the sweet rhythm of the latest R&B HipHop sounds.

inPump (45mins)

A highly effective circuit style barbell training class to work on your major muscle groups, to tone and shape. You choose the weight for a workout that will get your heart pumping and muscles firing, as you move between circuit stations.

inPilates (45mins)

A unique method of body conditioning that integrates muscle control, breathing, flexibility, strength training and body awareness, in a series of movements that engage the body and mind.

inFIT (45mins) Targeting every muscle, from every angle with strength, stability, agility and flexibility. Utilizing HIIT, body weight and core conditioning designed to get you FIT.



30mins Cardio workout set to upbeat music utilizing movements like kicks, punches, high knees, raising your heartrate burning calories fat.

VYPA (45mins)

VYPA is a Hardcore, High Intensity, Interval workout aimed at getting you FIT + Strong to the hottest Hip Hop, Dance & Electronic Beats!

inYoga (45mins)

Build a stable, strong and supple body by systematically strengthening your body, building flexibility and spinal mobility as you progress. This is definitely yoga for fitness.



(45mins)

Combines hypnotic Latin rhythms and easy to follow moves into a fun, energising and calorie burning class. Features interval training sessions where fast and slow rhythms tone and sculpt your body.

KONGA (45mins)

A wild mash-up of Boxing, Kickboxing, Cardio, Afro, Pop, Rock, Pilates, Disco with easy-to-do moves, insane music & routines that are specifically designed to shape, sculpt & redefine your physique.

LungPower

A safe, enjoyable exercise program specifically designed for people who have completed a pulmonary rehabilitation program to assist in maintaining their health and fitness gains

Move More... (45mins)

Gentle physical activity designed to be safe for people with stable long term health conditions. It's also suitable for anyone who hasn't exercised for a while and ideal for falls prevention.



(45mins)

Zumba® Gold takes the Latin and International dance rhythms you know and love from regular Zumba® classes and brings them to the active older adult, beginner participant and other special populations that may require modifications.