

If you enjoy keeping fit in a group atmosphere, you will love our popular land and water based group fitness classes.

Our exciting classes, such as Deepwater Aquaerobics, Yoga, Fit-ball Workout, Core Muscles and much more are designed to inspire and challenge the body, mind and soul. We have classes suitable for all abilities and age groups. Each session runs for 45 minutes.

1. deepwater aqua-aerobics

Using a buoyancy belt, deepwater aqua-aerobics provides a constant level of water resistance ideal for toning and sculpting the body. As there is no impact, the workout provides overall fitness, core strength and posture.

2. shallow water aqua

A controlled no impact workout that will not strain the weight bearing joints or the back. Easy to follow moves in shallow water, combining cardio, fat burning and total body toning. It is suitable for the beginner up to advanced participants.

3. deepwater running classes

For those wanting more challenge, deepwater running generates a higher heart rate and works your muscles even harder.

4. tone & shape up classes

Sculpt your body by alternating between upper and lower body workouts, along with abs, back, waist and glute sections. It is low impact and suitable for all ages and levels.

5. yoga

A fantastic activity for unblocking energy channels. Will help activate your body and mind and give you postures that are proven to work each muscle joint and ligament in the body. It will also help stimulate and nourish every cell for optimum health. We have a maximum of 10 participants. Each session runs for 60 minutes.

6. core muscles classes

Strengthen your core muscles that support and stabilize your spine, back and hips. Helps to improve posture whilst toning and increasing flexibility.

7. fit-ball workout classes

Learn a range of dynamic strength and mobility exercises with the use of this highly valuable tool. With over 400 exercises, there is a range of new variations you can add to your routine.

8. aerobic fat-burner

Choreographed routine with all the ingredients of a great workout. Challenge your cardio output while combining strength and conditioning elements; proven to get you into shape fast.

creche

Don't let the children stop you from keeping in shape and having 'you' time. With free creche services for up to 2 hours, there is even more reason to sign up! Let us look after your children while you focus on yourself!

Monday – Thursday: 9 am – 1 pm and 4 pm – 8 pm
Friday: 9 am – 1 pm and 4 pm – 6 pm
Closed on public holidays

important

As there is a maximum number for all classes ALL PARTICIPANTS must obtain a wristband from Reception no earlier than 30 minutes prior to entering each session.

Classes are suitable for all ages, fitness levels and even pregnant women. However, we strongly recommend you consult with a Health Care Professional prior to commencing any new fitness regime.

Speak with our instructor before starting a class, particularly if you have any previous medical history.

group fitness



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