



DROP IN CLASS DESCRIPTIONS – SUMMER 2017

AQUA-FIT - If you love water, come and enjoy the many benefits of a water workout which puts less stress on joints and is a natural resistance training that helps you build lean, healthy muscle and a strong, toned back. ANY LEVEL (Instructor: Wendy)

BODY BLAST - Combines cardio, strength training, and core conditioning together to provide fat burning, increased metabolism, and muscle toning workout enjoyed by both men and women of any fitness level. Get ready for a fun workout with a variety of exercises that will keep you interested and motivated, while achieving excellent results. ACTIVE LEVEL (Instructor: Jenny)

CARDIO MOVES - “It’s just a FUN cardio class.” Cardio Moves is a 50 – minute, high endorphin cardio workout that uses simple dance moves from every genre (Latin to the latest popular music). The best part is there’s absolutely no experience required! Benefits include increased cardiovascular fitness, improved coordination and a chance to get into the fat burner zone without the ‘extreme’ workout. ANY LEVEL (Instructor: DD)

GENTLE FIT - This is an excellent workout class if you want to enjoy an uplifting, energizing workout with a great community of people who are loving life and want to escape the AGE CAGE by keeping fit and healthy! GENTLE LEVEL (Instructors: Sarah, DD)

H I I T (High Intensity Interval Training) - Combination of cardio and strength work - no choreography. This style of class provides a range of simple workouts with the option of low or high intensity activities for an all-over workout in a structured group exercise format. ACTIVE LEVEL (Instructor: Jenny)

PUMP IT UP - Combines a variety of high endurance exercises using the fit balls, tubing, free weights and your own body weight. This class will challenge your muscles, improve your balance and keep you toned and flexible. ANY LEVEL (Instructor: Marie)

QUICK FIT - A fun, high energy strength and cardio class that uses a variety of equipment to achieve a fast and effective workout. Super set your way to a toned & trim body. ANY LEVEL (Instructor: Karen)

SUNSHINE CIRCUIT- Take your fitness outside with this new summer circuit class. Get fit while breathing in the fresh air and feeling the sun on your skin. Each class will be designed as a circuit to get your heart rate up with full body strength and endurance training and finishing up with a relaxing stretch. Outdoor/Indoor-class will be held outside when the weather permits.

(Instructor-Rachel)

DROP IN YOGA - A multi-level yoga class suitable for beginners and experienced alike. We will explore a range of asanas / postures and linking sequences using a 'slow flow' method, thereby spending sufficient time in each posture so that each practitioner can fully experience and explore the poses fully. The benefits of this type of practice are that your body, breath and mind are given time to respond and open fully to each pose irrespective of your starting level. If all you want to achieve is a 'really good stretch' then this is the class for you, but we can, and will take it much, much deeper over time. **(Instructor-Gary)**