

	Adult Group Exercise Class (Daily class)
	Adult Interest Class (Monthly class)
	DVD Class (No instructor)
	Junior Interest Class (Monthly class)

Please note that as from 1 May 2020, all Adult Group exercise classes will be charged accordingly. Please check class schedule. You may book-in for classes up to 30 days in advance, however if you no-show for a class and do not show for the class, or give less than 24hrs cancellation notice, a No Show fee will be charged to your account. Those who have had a No Show charge or Late Cancellation charge levied more than twice in 30 days will have their advance booking privileges withdrawn for 60 days. If the class is full through advanced booking, you may place your name on the waitlist and you will be called in the case of a cancellation.

Adult Group Class Description



For booking and enquires please call: 2657 8292 / Non-Members are welcome with a 10% surcharge/class

B=Beginners M=Multi-Level I=Intermediate A=Advanced

Yin Yoga	M	A long held and deeply stretches healing yoga practice focused on realigning the connective tissues of the body. Suitable for anyone looking to stretch their bodies with little physical effort.
Mobility	M	Mobility classes combine training in flexibility, strength, and motor control in order to improve joint range of motion, reduce muscle tension and stiffness, and increase overall body awareness and control.
H.I.I.T	M	High Intensity Interval Training (HIIT) is considered a complete workout that combines both aerobic and strength (resistance) training. It involves short bursts of intense exercise alternated with short recovery periods. It takes your cardio workout to another level, as you push your pace out of your comfort zone.
Body Sculpt	B	Tones and shapes key muscle groups with weight training and cardio workout.
Yoga Therapy	M	Yoga therapy is a type of therapy that uses yoga postures, breathing exercises, meditation, and guided imagery to improve mental and physical health. The holistic focus of yoga therapy encourages the integration of mind, body, and spirit.
Dance	M	Dance combines great dynamic music. Easy! Fun! Sweat! Dance! Anyone can Join the party!
Daily Yoga	M	This class is for personal well-being and designed to release stress and tension from daily life. We will focus on overall joint mobility along with gentle stretches that aim to open your body and release tight areas, supported poses to ease tensed muscles, and a comforting atmosphere with relaxing music to calm your body and mind.
Step & Circuit Aerobics	M	Step & Circuit aerobics has all the benefits of a full-body workouts without putting stress on your joints. It improves overall fitness by building strength trusted Source, reducing fat, and boosting your cardiovascular health. It also burns calories, making it an ideal way to maintain your target body weight.

Please give us your feedback on classes & times, so we can provide a schedule of classes to best suit you all.