

| CLASSES   | DESCRIPTION   | CLASS TYPE                                 | DURATION          | INTENSITY                  | EQUIPMENT  | RESULTS  | WHO IS THIS FOR?   |
|---|---|--|-------------------|----------------------------|--|--|--|
| <b>BODYPUMP</b>   | BODYPUMP is a weight class for absolutely everyone. Using light to moderate weights with lots of repetition (reps), BODYPUMP gives you a total body workout that burns lots of calories.  | Strength Training                          | 30 / 45 / 60 mins | Moderate intensity         | Barbell, plates & height-adjustable step                           | Increases strength & endurance, tones & shapes. Helps maintain bone health.                              | Fitness Level: Everyone. Pregnancy: Yes - please see your instructor.      |
| <b>BODYCOMBAT</b>   | BODYCOMBAT is a martial-arts inspired full-body work out that fuels cardio fitness and leaves you feeling empowered. It's totally non-contact and there are no complex moves to master.   | Cardio                                     | 30 / 45 / 60 mins | High intensity             | Nil  | Tones & shapes, increases strength & endurance & builds self-confidence.                                 | Fitness Level: Everyone. Pregnancy: Not recommended.                       |
| <b>BODYBALANCE</b>  | BODYBALANCE is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life.   | Mind & Body                                | 30 / 45 / 60 mins | Low intensity              | Yoga mat optional  | Improves joint flexibility & range of motion. Tones, shapes & enhances mental wellbeing                  | Fitness Level: Everyone. Pregnancy: Yes - see instructor                   |
| <b>RPM</b>  | RPM is a indoor cycling class, set to the rhythm of motivating music. It burns a lot of calories and gets you fit.  | Cardio                                     | 45 mins           | Moderate to high intensity | Indoor stationary bike   | Improves heart & lung fitness. Increase leg strength & endurance.  | Fitness Level: Everyone. Pregnancy: Yes - see instructor                   |
| <b>BODYATTACK</b>   | BODYATTACK is a high-energy fitness class with moves that combine athletic movements like running, lunging and jumping with strength exercises such as push ups and squats.   | Cardio                                     | 30 / 45 mins      | High intensity             | Nil  | Improves agility, co-ordination, strength & endurance. Improves heart & lung fitness.                    | Fitness Level: Everyone. Pregnancy: Yes - see instructor                   |
| <b>BODYSTEP</b>   | BODYSTEP is a full body cardio workout that gets everyone from new comers to fitness veterans energised. This class will really tone your butt and thighs.  | Cardio                                     | 30 / 45 / 60 mins | Moderate to high intensity | Height-adjustable step, optional weight plates.                    | Improve heart and lung fitness, agility & co-ordination, increases strength & endurance                  | Fitness Level: Everyone. Pregnancy: Yes - see instructor                   |
| <b>SH'BAM</b>   | SH'BAM is a fun-loving, insanely addictive dance workout. Your instructor will guide you through simple (yet sassy) dance moves, all set to a party playlist. Your fun workout that you will not regret.  | Cardio                                     | 30 / 45 mins      | Moderate intensity         | Nil  | Burns calories. Tones & shapes. Develops self expression & improves coordination                         | Fitness Level: Everyone. Pregnancy: Yes - see instructor                   |
| <b>CXWORX</b>   | CXWORX provides the vital ingredients for a stronger body while chiselling your waistline. A stronger core makes you better at all the things you do - it's the glue that holds everything together.  | Core Training                              | 30 mins           | Moderate to high intensity | Resistance tube, weight plates                                     | Tightens & tones core muscles, improve functional strength for balance, mobility & injury prevention     | Fitness Level: Everyone. Pregnancy: Not recommended                        |
| <b>GRIT STRENGTH</b>  | LES MILLS GRIT strength is a 30 minute high-intensity interval training workout, designed to improve strength and build lean muscle. This work out uses barbells, weight plate and body weight exercises to blast all major muscle groups.  | HIIT / Strength Training                   | 30 mins           | High intensity             | Barbell, plates and sometimes you'll need a height-adjustable step | Rapidly improves strength. Increases lean muscle & get fit fast  | Fitness Level: Have been exercising regularly. Pregnancy: Not recommended  |
| <b>GRIT CARDIO</b>  | LES MILLS GRIT cardio is a 30-minute high intensity interval training workout that improves cardiovascular fitness, increases speed and maximises calorie burn.   | HIIT / Cardio                              | 30 mins           | High intensity             | Nil  | Rapidly improves cardiovascular fitness, increases speed & maximises calorie burn during workout         | Fitness Level: Have been exercising regularly. Pregnancy: Not recommended  |
| <b>SPRINT</b>   | SPRINT is a cycle workout built on the science of high-intensity interval training (HIIT). It's a quick intense style of training that returns rapid results with minimal joint impact. The pay off is the calorie burn for hours after stepping off the bike.  | HIIT / Cardio                              | 30 mins           | High intensity             | Indoor stationary bike   | Improves heart & lung fitness. Increase leg strength & endurance & get fit fast                          | Fitness Level: Have been exercising regularly. Pregnancy: Not recommended. |
| <b>BOXING</b>   | BOXING - Lose weight, tone muscles and build strength. Class involve boxing combinations, cardio drills and specific boxing exercises. This class is designed for beginners to advanced levels of fitness.  | Cardio                                     | 60 mins           | Moderate to high intensity | Boxing equipment   | Improves co-ordination & agility. Increase strength & endurance  | Fitness Level: Everyone. Pregnancy: Not recommended                        |
| <b>BODY 360 CIRCUIT</b>   | BODY 360 CIRCUIT - The ultimate circuit workout. It rolls from exercise to exercise using different props/exercise equipment so you never burn out one muscle group. Every week is something different so you don't get bored and your body is challenged.  | Strength Training                          | 60 mins           | Moderate to high intensity | Various equipment  | Improves co-ordination & agility. Increase strength & endurance  | Fitness Level: Everyone. Pregnancy: Yes - see instructor                   |
| <b>SENIOR POWER</b>   | SENIOR POWER - A circuit style class for the young at heart! Lose weight, tone muscles and build strength.  | Strength Training / Cardio                 | 60 mins           | Moderate to high intensity | Various equipment  | Increase strength, Tones, shapes & helps maintain bone health  | Fitness Level: Everyone  |
|  <b>HiitZONE</b> | HIIT ZONE - is non stop, metabolic conditioning, fat burning, calorie torching goodness! No one CLASS will ever be the same to keep your body guessing. It is FUNCTIONAL TRAINING at its best. Classes will move between hiit strength, hiit cardio and core burning zones! It's the total, body team workout you've been waiting for.        | HIIT Training / Strength Training / Cardio | 30 / 45 mins      | High intensity             | Various equipment  | Rapidly improves strength and cardio fitness. Increases lean muscle and get fit fast. Burns big calorie. | Fitness Level: Everyone. Pregnancy: Not recommended                        |
| <b>PILATES</b>  | PILATES - is a full body workout focusing on Alignment, breathing and centering. Pilates exercises work to strengthen the 'core', lengthen the spine, build muscle tone and increase body awareness and co-ordination. This class is suitable for all levels as it challenges the individual to work within their own body.                   | Core Training / Mind & Body                | 45 / 60 mins      | Low intensity              | Mat / Blocks   | Improves joint flexibility & range of motion. Tones & Shapes, enhances mental wellbeing.                 | Fitness Level: Everyone. Pregnancy: Yes - see instructor                   |
| <b>YOGA</b>   | YOGA - The yoga practiced at SKY is Ashtanga Vinyasa or Free flow Yoga. This dynamic, physically demanding practise, synchronises breath and movement to produce an internal heat designed to purify the body. Ashtanga is great for building core strength and toning the body. Prepare to sweat as you briskly move through a set sequence. | Mind & Body                                | 45 / 60 mins      | Low intensity              | Yoga mat optional  | Improves joint flexibility & range of motion. Tones, shapes & enhances mental wellbeing.                 | Fitness Level: Everyone. Pregnancy: Yes - see instructor                   |
| <b>HIP-HOP YOGA</b>   | HIP-HOP YOGA is the same as our traditional free flow Yoga class (see above). The difference - some hip hop beats to keep the mood light and energy up!   | Mind & Body                                | 45 / 60 mins      | Low intensity              | Yoga mat optional  | Improves joint flexibility & range of motion. Tones, shapes & enhances mental wellbeing.                 | Fitness Level: Everyone. Pregnancy: Yes - see instructor                   |