GX exercise classes vary in intensity. To find a class that suits your level of fitness use our simple colour codes.

**Class Descriptions**

- **Les Mills**
  - **BodyCombat**
    - Intensity 4-5: This dynamic, cyber-powered group class combines the latest dance and choreography with the latest music.
  - **Bodybalance**
    - Intensity 2-3: Combines stretching, relaxation and a challenging aerobic workout. This class is great for improving flexibility and strength.
  - **Bodypump**
    - Intensity 4-5: Powerful, dance-based workout with Caribbean influences. This class is excellent for toning up and improving fitness.
  - **Bodyworx**
    - Intensity 2-3: A non-impact functional training class that combines weight training, running, stretching, relays and exercises with a partner. Ideal for those looking for a challenging workout.

- **Yoga**
  - **Hatha Yoga**
    - Flowing yoga movements that help improve flexibility and strength.
  - **Vinyasa Yoga**
    - A dynamic, flowing style of yoga that focuses on fluid movements.
  - **Iyengar Yoga**
    - A system of yoga that uses props such as blocks and straps to help with alignment and support.

- **Aqua**
  - **Aqua Bootcamp**
    - An all-round winner that combines resistance training and cardio exercises.
  - **Aqua Tone**
    - A20 minute controlled coached gym based session. You'll use weights to sculpt tone and strengthen your entire body.
  - **Aqua Zumba**
    - Known as the Zumba® "pool party", Aqua Zumba gives new meaning to the word exercise. Known as the Zumba® "pool party", Aqua Zumba gives new meaning to the word exercise.

- **Strength and Conditioning**
  - **Kettlebells**
    - A combination of cardiovascular and resistant exercises in a circuit based class. This class uses a variety of functional moves which target different muscle groups.
  - **Cross Fit**
    - A tough, challenging class that focuses on power, strength, core stability and balance.
  - **Flexi Sculpt**
    - A 30 minute controlled coached gym based session. You'll use weights to work on your core.

- **Tabata**
  - **Tabata Training**
    - A high-intensity interval training class that focuses on short bursts of intense exercise.
  - **Tabata Routines**
    - A combination of cardiovascular and resistant exercises in a circuit based class. This class uses a variety of functional moves which target different muscle groups.

- **Dance**
  - **Kid's Dance**
    - A mixed style dance class focusing on different themes and choreography.
  - **Dance party**
    - An enjoyable class specifically designed to be low impact with changing choreography.
  - **Barre**
    - A low impact class that focuses on improving balance and flexibility.

- **Aerobics**
  - **Gentle Aerobics**
    - Ideal for those looking for a low impact workout.
  - **Prime Time**
    - A social class that combines dance and fitness.
  - **Pilates**
    - Created by Joseph Pilates in the early 1900s, Pilates focuses on strength and balance.

- **Other**
  - **Aqua Run**
    - A low impact class that combines running and stretching.
  - **Aqua Grind**
    - A high-intensity interval training class that combines running, stretching and strength training.
  - **Aqua Energy**
    - An interval training class that combines running, stretching and strength training.

- **Timetables**
  - **GXactive**
  - **GXin**
  - **GXplus**

Make sure you wear suitable clothing and footwear for your activity. Inform your instructor of any medical conditions or injuries. Timetables are subject to change at the manager's discretion.