



# Cardio & Aerobic Classes



BODYPUMP® is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!



BODYBALANCE® is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. It's your personal time out from the stress and strains of daily life – a 55-minute group exercise-to-music class that enhances your physical and mental well-being.



BODYATTACK® is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor! A simple, high-intensity group exercise-to-music class BODYATTACK® is fully optioned to cater for all fitness levels. You'll experience high-energy sports training moves for cardiovascular fitness, along with upper and lower body conditioning exercises.



BODYSTEP® is the energising step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.



RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.



- Increase your cardiovascular fitness, burn fat and tone and shape your legs, hips, and butt
- Increase leg strength and muscular endurance without building bulk
- Burn up to 600 calories in a normal 50-minute structure (RPM™ has been proven to burn up to 800 calories in one hour)
- Release endorphins to give you that natural high and leave you feeling fantastic