

Compliant Group Fitness Classes

Trademarked Providers	
Division Ex	
Class Name	Description
BoxaBike	BoxaBIKE is a high-energy, pre-choreographed group fitness class to music that fuses boxing and stationary cycling, simultaneously.
RollaFlex	RollaFlex is a tension eliminating, mood enhancing, pre-choreographed group fitness class to music, that smoothes, strengthens and manipulates your muscles through foam rolling and yoga inspired static stretching.
Group Rx - Power Music	
Class Name	Description
POWER STEP	High-energy cardio class using a step for extra lower body focus.
REVOLUTION	An indoor cycling class that will increase your cardio fitness, burn fat and tone and shape your legs, hips and butt.
RIP	RIP is a barbell workout that incorporates functional strength training, featuring safe and motivating exercises and great music.
SPORT	SPORT is designed to push your training to the edge, fine-tuning the body with an emphasis on cardio, strength and core training. Using a step, dumbbells and bodyweight, it gives you total-body training that improves many aspects of fitness.
TRANSFORM	Unites yoga and sport like never before. Prepare for a unique mind and body experience, featuring traditional yoga poses, such as warrior, and sport-influenced movement including plyometrics and strength.
WAR	WAR makes an attack on inactivity. It gets you off the couch, out of your office, and into an exhilarating total body workout where a fusion of martial arts meets chart-topping music.
Jungle Body	
Class Name	Description
BURN!	BURN! Is a one of a kind choreographed dumbbell sculpt workout. Using dumbbells and fusing this with dance inspired movement which will shape, sculpt and improve your muscle tone.

JAGUA	JAGUA is a body sculpting class choreographed to Hip Hop, Pop and Golden Oldie music hits. It is about creating a lean, strong and toned body in a musical environment that improves your physical and emotional wellbeing.
KONGA	Easy-to-follow, high intensity fusion of boxing, cardio, dance and sculpting, set to the hottest beats from all decades. KONGA® is designed to shape, sculpt and redefine your physique.
TYGA	The world's first Hip Hop, Dancehall, Ragga and Afro based fitness workout that combines easy-to-do dance moves with fitness concepts to improve your endurance and sculpt your body.
VYPA	VYPA® is a hardcore, HIIT workout aimed at lowering your body fat, improving cardiovascular health and sculpting your body.
Les Mills	
Class Name	Description
Barre (Les Mills)	LES MILLS BARRE™ is a modern version of classic ballet training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.
Body Attack	Body Attack is a pre-choreographed high-energy interval style aerobics class designed to push your cardiovascular fitness to new heights.
Body Balance	Body Balance is a pre-choreographed fitness class that mixes elements of yoga, Pilates and tai chi to improve your strength, balance and flexibility.
Body Combat	Body Combat is a pre-choreographed, high-energy cardio class that uses elements of martial arts to give your body an all-over workout
Body Jam	Get dancing and toned with a modern choreographed workout to the latest hip hop, house and drum and bass tunes.
Body Pump	An invigorating barbell workout that exercises all the major muscle groups.
Body Step	Body Step is a fun pre-choreographed aerobics class that uses a step to really work the butt and thighs.
Core	Core is a 30-minute pre-choreographed core-strengthening class, utilising resistance bands and weights.
GRIT Athletic	LES MILLS GRIT Athletic is a high-intensity interval training sports conditioning workout, designed to make you perform like an athlete. This multi-dimensional training will increase strength, agility, speed and power.
GRIT Cardio	30-minute high-intensity cardio workout.
GRIT Strength	The short, sharp, demanding workouts combine weightlifting, running and plyometrics for a full-body workout.
RPM	RPM is a pre-choreographed group cycle class set to highly motivational music with a mix of intervals, hill climbs and sprints to challenge your cardiovascular fitness.
SH'BAM	SH'Bam is a pre-choreographed, group dance class with easy to master moves set to fun, chart-topping hits.

SPRINT	LES MILLS SPRINT™ is a 30-minute high-intensity interval training workout, using an inoor bike to achieve fast results.
Metafit	
Class Name	Description
Metafit	Combines traditional bodyweight exercises with the latest high-intensity interval training techniques.
MetaPWR	Resistance training with the latest high-intensity interval training techniques.
Radical Fitness	
KIMAX	KIMAX® is performed with a free-standing kickboxing bag, designed exclusively for this class using boxing gloves and/or shin pads for optional protection.
UBOUND	UBOUND ® is an intense and energetic program that utilises the mini trampoline to give you a high intensity workout
Zumba	
Class Name	Description
STRONG by Zumba	Muscle conditioning class, HIIT style, synced to music.
Zumba	Zumba is a latin-inspired pre-choreographed group dance class, with easy to master moves and chart-topping hits.
Zumba Gold	Zumba Gold is a low-impact dance fitness class for ages 40-85.
Zumba Toning	Zumba® Toning combines targeted body-sculpting exercises and high-engergy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party.
Other	
Class Name	Description
Animal Flow	No matter what your sports or fitness goals are, Animal Flow will improve your mobility, strength, endurance and power.
AXIS	Create mobility, core strength and power. Move like never before, focusing on the core, the basis of all movement.
Barre Attack	Barre Attack is a dynamic fusion of pilates, ballet and fitness.

BEAT Pilates	Designed by ballet dancers with no dancing involved, BEAT pilates is easy to follow and aims to burn calories, increase core strength, lift the booty and create long, lean legs.
Boogie Bounce ®	Boogie Bounce ® delivers a full body cardio workout that is suitable for everyone, all ages, shapes and sizes,
Cage Fitness	Cage Fitness™ is a crazy-fun, kick-butt, total body workout designed for women of all levels of fitness.
Clubbercise	An easy-to-follow cardio workout where you dance to club anthems from the 90s to now.
PILOXING	Unique blend of the power, speed and agility of boxing with the beautiful sculpting and flexibility of Pilates.
POUND	Channel your inner rockstar with this full-body cardio jam-session inspired by the infectious, energising and sweat-dripping fun of playing the drums.
Power Plate	Power Plate machines use the principles of Acceleration Training™ to stimulate the body's natural response to vibration.
Power Plate (Paid Program)	Power Plate machines use the principles of Acceleration Training™ to stimulate the body's natural response to vibration.
VeraFlow	VeraFlow is a dance-based stretch class with mindfulness. Dance, stretch and find your true flow in this class like no other!

Fernwood Freestyle Names

Class Name	Description
Abs Butts & Thighs	A class that focuses on strengthening, toning and shaping your lower body and core.
Balance & Posture	A class aimed to improve general movement with a focus on balance and posture.
Ball FIT	A full-body workout that helps improve strength and fitness using a variety of equipment.
Band Blaster	A full-body conditioning class that uses resistance bands to sculpt and tone the arms, legs, glutes and core. No muscle goes untouched.
Barre	A complete workout which includes a fusion of Pilates, ballet and fitness. This class includes exercises designed to tone your body and create longer and leaner muscles.
Belly Dancing	Tone the core, encourage good posture, improve flexibility and gain body confidence. Have fun and discover muscles you never knew you had.
Box FIT	A high-intensity boxing class that builds cardiovascular fitness whilst improving muscular strength and endurance.

Cardio Xpress	The ultimate cardio workout.
Circuit	A station-based class with huge variety. Circuit focuses on building strength, improving agility and cardio fitness.
Core Strength	The ultimate core workout.
Cycle	Pedal through a challenging mix of intervals, hill climbs and sprints for a great cardiovascular workout.
Fat Burner	Traditional aerobic class focusing on conditioning, muscle toning and fat loss.
Fatburn Extreme	Fatburn Extreme is a new concept in instructor-led fitness training and weight loss exercise. It is a fixed 20-minute, maximum intensity workout with no dictated rest periods.
FIIT30	Get fitter, leaner and stronger - FAST!
FIITRIGHT	FIITRIGHT sessions are aimed at building foundations of functional movement and/or a lower impact option of our FIIT30 sessions.
FIITMAX	Work harder and lift heavier to focus on full body sculpting in this advanced FIIT30 session primarily using weighted equipment.
FIITBOX	FIIT30 with a boxing focus - a high intensity boxing and cardio without that monitors technique and improves strength and fitness.
FIIT TEEN	FIIT TEEN incorporates the fundamental principals of FIIT30 in a format suited to teenage girls.
Fit Kids	Fit Kids encourages kids to be physically active in a fun atmosphere through games and activities.
Flexi FIT	Flexi Fit is designed to improve flexibility and range of motion to help you move better.
Foam Roller	A class designed to assist with self-myofascial release. Benefits include improvement to flexibility and posture and reduction in pain associated with muscle tightness.
GF Barre	A complete workout which includes a fusion of Pilates, ballet and fitness. This class includes exercises designed to tone your body and create longer, leaner muscles
GF Yoga (Calm)	A gentle group fitness (GF) yoga that will assist you to align, strengthen and promote flexibility in the body. Low-mod intensity.
GF Yoga (Energise)	A more dynamic group fitness (GF) yoga that will assist you to align, strengthen and promote flexibility in the body. Mid-high intensity.
GF Yoga (Specialised)	This class offers a specialised yoga experience. Yoga means union, to join/unite/unify a concept that underpins the many different styles of yoga classes Fernwood have to offer. The two main unifying practices in yoga are: mind to body and body to breath. Physically, yoga both stretches and strengthens fascia and muscles, be that in a dynamic flow class or a more grounded yin practice. Mentally, yoga supports emotional wellbeing and stress management which can benefit all areas of life
HIIT	High Intensity Interval Training is a training technique involving intense bursts of exercise followed by flexibility in the body. Mid-high intensity.

HIIT Cycle	A HIIT style cycle class that includes high intensity cardio bursts designed to burn fat and increase fitness levels.
HIITstep	A 30 minute body weight interval training class incorporating exercise on a step.
Latino Blast	A combination of pure Latino dance and aerobics, burning up calories in a full-body cardio workout.
Lite Pace	Suitable for beginners or those wanting a light-paced workout. Provides the foundation to build aerobic fitness and muscle conditioning.
Meditation	A class to help rest the mind, reduce stress and promote relaxation.
Mums & Bubs	Return safely to exercise with your bub and meet other mums whilst having a great workout.
Osteo-cise	A mix of aerobic and weight bearing exercise, suitable for ladies who suffer from or at risk of developing osteoporosis
Outdoor Bootcamp	Outdoor Bootcamp
Pilates	Each class will improve muscular and postural strength with an emphasis on challenging core muscles.
Pregnancy FIT	A low-impact class to help maintain your health and fitness pre and post pregnancy.
Qi-Gong	A holistic class focusing on body posture and movement, breathing and meditation.
RetroSweat	A fun 80's styled aerobics class.
Routine Reset	Learn our latest program release and get expert guidance on creating your own workouts in this small group fitness programming session.
Step	A high-energy class designed to tone legs, butts and thighs, and provide an awesome cardio workout.
Tabata	Get your heart rate up during small bursts of high intensity exercise using the Tabata training format.
Tai Chi	Tai Chi involves a series of gentle movements accompanied by deep breathing.
Teen FIT	A class programmed for teenage girls to increase fitness, strength and self-confidence.
TONE	A strength and conditioning class to gain strength and tone up.
TRX	A suspension training workout using body weight exercises to develop strength, balance, flexibility and core stability.

Walking Group	Get moving no matter what your fitness level is and join our community of walkers.
Yin	Yin usually consists of a series of long-hed passive floor poses. Yin Yoga targets the deepest tissues in the body.

Fernwood Wellness Classes	
For use by clubs that offer approved paid wellness offerings	
Class Name	Description
Ashtanga	A strong 'yang' yoga practice that includes a set sequence of traditional postures, including sun salutations, standing balances, seated postures and inversions. This class is a practice for intermediate to advanced yogis.
Barre	A complete workout which includes a fusion of Pilates, ballet and fitness. This class includes exercises designed to tone your body and create longer and leaner muscles.
Breathe (Pranayama)	Pranayama refers to the movement or extension of breath or 'prana' (life force). Yogis have long understood the benefits of breath work; how we breathe affects our physical and emotional states. Through the practice of Pranayama, we can strengthen the respiratory system, boost inner health and bring more peace and balance into every day.
Chill (Meditation)	Step into your 'me-space', where the boss isn't nagging, the kids aren't screaming and your time is yours and yours alone. Escape the busyness of everyday life with our 'mind-bliss' meditations and breathing techniques and bring a little more peace and balance into your day.
Foundation Flow	Get acquainted with traditional yoga postures (asanas). Learn the 'how' and 'why' of core poses including correct body positioning, gaze and breath connection Perfect for beginners or anyone wanting a gentler class or to understand correct alignment and technique.
Foundation Flow (Hot)	Get acquainted with traditional yoga postures (asanas) in a more challenging environment of 39 - 42°C. Learn the 'how' and 'why' of core poses including correct body positioning, gaze and breath connection Perfect for beginners or anyone wanting a gentler class or to understand correct alignment and technique.
Fusion Flow	A moderate paced 'Vinyasa' (body breath) flow that offers a rhythmical, fluid practice that will at times challenge you to work in more strength-based sequences and balances. This class helps develop body awareness and offers a strong foundation for a more powerful practice.
Fusion Flow (Hot)	A hot (39-42°C) moderate paced "Vinyasa" (body breath) flow that offers a rhythmical, fluid practice that will at times challenge you to work in more strength-based sequences and balances. This class helps develop body awareness and offers a strong foundation for a more powerful practice.
Hatha	A classical style of yoga focusing on technique mastery and breath (Pranayama) work. More holding and less flowing, this class allows participants to dive deeper into the pursuit elements of yoga.
Immerse (Sound Healing)	Immerse yourself in our relaxing yet uplifting session of sound meditation. This ancient practice using singing bowls has long been used in Eastern cultures to bring balance and healing into everyday life.
Iyengar (FW)	Iyengar yoga could also be referred to as 'precision yoga'. This modified Hatha-style practice focuses intently on technique and alignment with a generous use of props. A moderately challenging class for those wanting to deepen their understanding of traditional yoga and improve their posture and efficiency of breath.
Ki	An integrated yoga practice drawing on traditional Chinese and Japanese practices and philosophies. Working in line with the seasons and natural energy channels (meridians) of the body, this class focuses on a holistic mind-body-environment connection.
Mat Pilates	Mat Pilates is a total body conditioning class, using all 8 principles of the Pilates method, focusing on control and precision of movement for the most effective results. This class will strengthen, tone and condition the entire body, working from the core outwards. Occasionally props are incorporated into the routine for optimal results

Mat Pilates (Hot)	Mat Pilates (Hot) is a total body conditioning class, in a heated environment (39-42°C) for added intensity and cardiovascular conditioning. This class will strengthen, tone and condition the entire body, working from the core outwards. Occasionally props are incorporated into the routine for optimal results
Power Flow	Challenge yourself mentally and physically with this dynamic yoga class. Offering a strong 'yang' flow of postures, this class exposes more intermediate-advanced transitions, inversions and balances.
Power Flow (Hot)	Challenge yourself mentally and physically with this hot (39-42°C) dynamic yoga class. Offering a strong 'yang' flow of postures, this class exposes more intermediate-advanced transitions, inversions and balances.
Reformer Foundation	Reformer Pilates is a total body workout, designed to strengthen and tone the entire body at the same time as improving core strength and posture. This foundation class introduces the fundamentals of Pilates theory and the correct form and technique to gain the most benefit from all Reformer classes.
Reformer Beginner	Building upon 'Reformer Foundation', this beginner class focuses on mastering correct movement patterns and technique. Really start to experience the truly amazing benefits of Reformer Pilates in this full body workout, designed to develop core strength, muscle tone and definition and overall flexibility.
Reformer Intermediate	Reformer Intermediate requires prior experience of the Reformer Beginner class and a sound understanding of the Reformer Pilates method. Moving with increased pace and intensity, the intermediate classes will give you a full body workout, raising your heart-rate and further developing core strength, muscle tone, definition and flexibility.
Reformer Pro	This Reformer Pilates class will enhance fitness and form, using techniques to strengthen, condition results.
Reformer Cardio	Reformer Cardio is a Reformer Pilates class that includes all the elements and benefits of 'Reformer Pro' with an added component of Cardio. Perfect for anyone wanting to work their cardiovascular system at the same time as toning and conditioning the entire body.
Restorative Reformer Pilates	Restorative Reformer Pilates supports injury rehabilitation and is an ideal class for beginners, pregnant women or anyone returning to exercise after long periods of inactivity. Improve posture and strengthen the whole body in this specialised slower paced Reformer class.
Sleep Yoga (Yoga Nidra)	Need a magic 'sleeping pill'? Then Yoga Nidra is for you! This relaxation focused yoga practice gives restorative effects equal to 4 hours of REM sleep! Perfect for anyone who struggles with stress and sleep problems.
Yin	...and relax. Stretch, unwind and physically 'let-go' in our popular restorative yoga practice. Relaxing deeply and intently into lengthy held stretches, Yin Yoga is the perfect balance to more intensive practices.
Yin (Hot)	...and relax. Stretch, unwind and physically 'let-go' in our hot (39-42°C) Yin class. Relaxing deeply and intently into lengthy held stretches, Yin Yoga is the perfect balance to more intensive practices.