**Class Description**

**HIIT**

Give 100% effort in a quick, intense burst of exercise followed by a short and sometimes active rest. Great for improving fitness and stripping fat.

**Tabata**

A high intensity interval training for anyone looking to increase athletic capacity, lose weight, reduce fat or if you don’t have a lot of time for fitness.

**Cal Aesthetics**

Cal Aesthetics is a body weight centred class that focuses on building endurance and strength through a range of beginner to advanced, functional movements. Includes deep stretches and mobility work to keep your body working at its most efficient.

**Step & Tone**

A form of aerobic power, distinguished from other types of aerobic exercise by its use of an elevated platform (the step). Designed to improve cardiovascular fitness and overall muscle tone.

**Aquafit**

This class, done mostly vertically and without swimming, is suitable for all fitness levels. Aquafit is offered in a group fitness class setting and focuses on aerobic endurance, resistance training and creating an enjoyable atmosphere.

**Heated Yoga**

Classes are offered by Milena and Joshephine of YogaYoga. The classes are an intense form of yoga taught in a heated room. This class is designed for all levels of students from absolute beginners to the advanced practitioner.

**Karate**

A martial art developed in the Ryukyu Islands. Classes are offered to adults and children from 6 years, and are for all levels from beginner to the most advanced students.

**Spin**

A vigorous cardio workout using stationary bikes. It improves endurance, muscle tone and helps relieve stress, all while burning those calories.

**Kettlebells**

Offers a different type of training using dynamic moves targeting almost every area of fitness: endurance, strength, balance, agility, and cardio endurance.

**Boxercise**

This circuit class trains the whole body by using boxing style stations and techniques. Time flies as you work on body movement, agility and momentum. If you stick with the boxer-size workout you’ll get fit and enhance muscle definition, without the bulk. It’s a great way for relieving stress too!

**Power Hour**

Power Hour is an hour long class which balances cardio and strength training with 15 minute interval training to finish. Prepare to be pushed to your absolute limits and then some. Our instructors will have no mercy.

**Shape Tone Strenght**

A class combining high repetition weight training with aerobic conditioning. It will tone and condition your body, can help you lose weight and ultimately change your body shape. Suitable for all levels.

**Zumba**

Pretty much the most awesome workout ever. Dance to great music, with great people, and burn a ton of calories without even realising it. Keeping it short and sweet for you!!

**WOD**

“Workout Of the Day” can include many different exercises, routines and personal challenges. Each class will be different from the last and will be body weight, strength, endurance or cardio focused, including kettlebells and barbell. Class length is however long it takes you to complete. So if it takes you 20 minutes, then your class is only 20 minutes, but you will earn that 20 minutes.

**15 – 15 – 15**

15 minutes of cardio, 15 minutes of strength training, and 15 minutes of stretching and core work. A class designed to give you the ultimate challenge and total body workout. We guarantee you’ll sweat and feel your whole body working. Exercises are modified to each individual, all levels welcome.