

**Shene Sports & Fitness Centre**  
**Fitness Class Descriptions**

- **Stretch and Tone** Lower intensity class using various forms of equipment, focusing on all over health and stability of your joints and bones. A low impact warm up followed by exercises to target all major muscle groups, deep and superficial.

1Hour, General: *Meps* Grey, Blue

- **Pilates** is a method of exercise that consists of low impact flexibility and muscular strength endurance movements. Pilates emphasizes proper postural alignment, core strength and muscular balance.

1Hour, Different ability classes: *Meps* Grey, Blue

- **Dynamic Pilates** More intense flow focused Pilates with an increased emphasis on building a stable and strong core, in addition to building lean muscle.

55min General: *Meps* Grey, Blue, Green

- **Restorative Pilates** Prehab and Restorative focused Pilates consisting of low impact flexibility & stability movements focusing on key joints and areas to build muscular endurance. Pilates emphasizes proper postural alignment, core strength and muscular balance.

1Hour, Different ability classes: *Meps* Grey, Blue

- **Hatha Yoga** is a general category that includes most yoga styles. It is an old system that includes the practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to the mind and body.

1Hour, General: *Meps* Grey, Blue

- **Yin Yoga** Calm Yin Yoga combines relaxing Yoga styles, moving through a series of held postures in this calm, designed practice to create more mobility, and flexibility in the spine and hips. A period of meditation follows, leaving you feeling calm and grounded.

1Hour, General: *Meps* Grey, Blue

- **HIIT** This mostly bodyweight workout is a combination of strength and conditioning exercises, designed to build lean muscle, challenge your energy systems and burn heaps of calories. This session will begin with a warmup, activation and mobilisation period before 30mins of intense HIIT.

45min General: *Meps*: Blue, Green, Yellow, Red

- **Tabata** High intensity interval training, best suited to intermediate/advanced fitness levels. Tabata training follows a specific format of 20 seconds of very high intensity exercise followed by 10 seconds of rest, repeating it for a total of 4 minutes. This session will begin with a warmup, activation and mobilisation period before 30mins of intense work.

45min Int: *Meps*: Blue, Green, Yellow, Red

- **Body Conditioning** Improve your overall fitness and shape up with this high energy total body workout focussing on strength and muscular endurance. The class will include a wide range of toning exercises using small weights and body weight exercises.

1Hour, General: *Meps* Blue, Green, Yellow

- **Body Pump** For anyone looking to get lean, toned and fit - fast. Using light to moderate weights with lots of repetition, Body Pump gives you a total body workout.

1Hour, General: Meps **Blue**, **Green**, **Yellow**

- **Circuits** Involves moving your way around different exercise stations performing each exercise as many times as you can in a set amount of time. This high intensity, fast-paced workout can help tone your body and burn calories fast!

45min, General ability: Meps **Blue**, **Green**, **Yellow**, **Red**

- **Boxercise** Intense class including concept training methods used in Boxing combining technical pad work and conditioning exercises. A fun, challenging and safe workout burning lots of calories and building cardiovascular endurance. \*\*Please bring your own gloves.

45min, General ability: Meps **Blue**, **Green**, **Yellow**, **Red**

- **Kettlebells** Uses flows of dynamic moves that target endurance, power, balance and cardio endurance. This high intensity class uses the momentum of the Kettlebell to help you improve your total-body strength and stability.

45min, General/Int: Meps **Blue**, **Green**, **Yellow**, **Red**

- **Restore** Mobility and recovery focused class; targeting corrective and functional exercises to improve your form and joint stability, having you leaving the class feeling healthier and ready to take on strain.

45min, General: Meps: **Grey**, **Blue**, **Green**,

- **Strength** Build a strong body using weights focusing on technique and control. An initial period of mobility and activation will start the class followed by a series of kettlebells or dumbbell exercises. Improve your form and leave the class feeling stronger than ever.

45min, Meps: **Blue**, **Green**, **Yellow**

- **Metcon** is a method of training at a very high work rate, using exercises designed to burn more calories during your workout. These routines are intended to increase your body's storage and delivery of energy for any activity.

30-45mins, (INT): Meps **Blue**, **Green**, **Yellow**, **Red**

- **Strength Conditioning** Build your strength and endurance with a combination of Resistance and Conditioning based exercises. An initial period of mobility and activation will start the class followed by dumbbell & cardio exercises leaving the class feeling stronger and fitter!

45mins, (INT): Meps **Blue**, **Green**, **Yellow**,

- **Indoor Cycling** A 45-minute indoor cycling workout can burn upwards of 400 calories. Indoor cycling is a low-impact way to get a high-intensity cardio workout. In addition to a heart-pumping cardio workout, cycling works your lower body, especially your glutes and quads.

45min, General: Meps **Blue**, **Green**, **Yellow**,

- **RPM** is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn upwards of 400 calories a session. Your instructor takes you on a journey of hill climbs, sprints and flat riding.

45min, General: Meps **Blue**, **Green**, **Yellow**,

- **Sprint** is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

30min, (INT): *Meps* **Blue**, **Green**, **Yellow**, **Red**

- **THE TRIP** is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds.

45min, General: *Meps* **Blue**, **Green**, **Yellow**,

- **Zumba Step** For anyone who enjoys a high energy, lively and fun workout, try Zumba Step. This class will burn calories whilst strengthening and sculpting your legs and glutes.

60 min, General: *Meps* **Blue**, **Green**, **Yellow**,