

The River Club

Group Exercise

Class Descriptions

Cardiovascular

Body Blaze Fitness: This fitness workout is to provide a whole-body workout that builds strength and endurance.

Cardio Box Punching your way to fitness. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. You'll release stress and have a blast and feel like a champ.

HIIT: High intensity interval training sessions are commonly called HIIT workouts. This type of training involves high bouts of high intensity effort followed by varied recovery times .

Low Fu Fitness: Low Fu Fitness blends martial arts, dance & music into one super workout. Combining basic kickboxing techniques and fabulous aerobic moves.

Toning

Les Mills Body Pump™: is weight training boring? What if we added a motivating instructor pumping music, a room full of people with a goal of getting fitter, stronger, leaner and more toned?

Body Blitz: a short aerobic warm-up followed a combination of conditioning exercises using body weight & equipment.

Aqua: a water based aerobics class, using the natural support of the water. Work hard against the resistance for a low impact effective calorie burning, muscle toning workout.

Body Conditioning: A whole body workout that can improve your overall fitness. Body Conditioning classes can help you on your way to get in great and feel great about your body. Focusing on strength, muscular endurance and fitness conditioning.

Floor Barre: This creative dance class combines the precision of Pilates, alignment of yoga and grace and technique of ballet. You'll perform a series of repetitive low-impact movements at varying intensities, working the muscles to fatigue to burn fat and sculpt the body.

Dance

Aerolatino: a group exercise class using a variety of latin dance rhythms and styles including salsa, merengue, reggaeton, Lambada, bachata & Cumbia to form a continuous aerobic routine.

Zumba: Dance using a variety of up-tempo latin styles including salsa, cha-cha reggaeton, mambo and merengue fall in love with the music and easy to follow moves.

Holistic

Fitness Pilates*: a holistic stretch and tone class using the Alexander Techniques that helps you improve core stability and Strength.

Fitness Yoga: The ancient practice of yoga is a holistic system of exercise which increases flexibility, strength and concentration. Some Classes have mixed styles Vinyasa Flow Yoga - Vinyasa, also called "flow" because of the smooth way that the poses run is one of the most popular contemporary styles of yoga.

Tai Chi: this class originates from the old style Chinese shadow boxing. It is practiced for health, stress management and self-defence.