




	DESCRIPTION	DURATION	EXERCISE TYPE	INTENSITY	BURN RATE	EQUIPMENT	MUSIC	RESULTS
	BODYPUMP™ THE ORIGINAL WEIGHTS CLASS THAT BUILDS STRENGTH, TONES YOUR BODY, AND PUSHES YOU TO THE LIMIT EVERY TIME. BE STRONG.	60 MINUTES	WEIGHTS-BASED RESISTANCE TRAINING	MODERATE TO HIGH INTENSITY	AVERAGE OF 560 CALORIES	BARBELL, PLATES & HEIGHT-ADJUSTABLE STEP	THE LATEST HARD-HITTING & INSPIRING TUNES	INCREASES STRENGTH & ENDURANCE TONES & SHAPES HELPS MAINTAIN BONE HEALTH
	BODYCOMBAT™ A CHALLENGING MIX OF MARTIAL ARTS AND ENDURANCE, UNLEASHING STRENGTH YOU NEVER KNEW YOU HAD.	55 MINUTES	MARTIAL ARTS-INSPIRED CARDIO	HIGH INTENSITY	AVERAGE OF 740 CALORIES	NIL	THE LATEST HARD-HITTING TUNES	TONES & SHAPES INCREASES STRENGTH & ENDURANCE BUILDS SELF-CONFIDENCE
	BODYBALANCE™ / BODYFLOW® A YOGA, TAI CHI AND PILATES INSPIRED WORKOUT THAT LEAVES YOU LONG, STRONG, CALM AND CENTERED. FEEL BALANCED.	55 MINUTES	INSPIRED BY YOGA, TAI CHI & PILATES	LOW INTENSITY	AVERAGE OF 390 CALORIES	YOGA MAT OPTIONAL	SOULFUL, CALMING & INSPIRING TUNES	IMPROVES JOINT FLEXIBILITY & RANGE OF MOTION TONES & SHAPES ENHANCES MENTAL WELLBEING
	RPM™ HIGH INTENSITY INTERVAL TRAINING SET TO TUNES THAT WILL GET YOUR PULSE RACING. GET RESULTS FASTER. RIDE HARD.	45 MINUTES	INDOOR CYCLING CARDIO	MODERATE TO HIGH INTENSITY	AVERAGE OF 675 CALORIES	INDOOR STATIONARY BIKE	THE LATEST FUN & HARD-HITTING TUNES	IMPROVES HEART & LUNG FITNESS INCREASES STRENGTH & ENDURANCE
	BODYATTACK™ A FULL-ON, HIGH-ENERGY CARDIO WORKOUT TO ENERGIZING TUNES. BE UNSTOPPABLE.	55 MINUTES	SPORTS-INSPIRED CARDIO	HIGH INTENSITY	AVERAGE OF 735 CALORIES	NIL	THE LATEST FUN & HARD-HITTING TUNES	IMPROVES AGILITY, COORDINATION, STRENGTH & ENDURANCE IMPROVES HEART & LUNG FITNESS
	BODYSTEP™ THE FAST-PACED, EXPLOSIVE STEP WORKOUT THAT WILL LEAVE YOU UPBEAT AND READY FOR MORE. FEEL ALIVE.	55 MINUTES	STEP-BASED CARDIO	MODERATE TO HIGH INTENSITY	AVERAGE OF 620 CALORIES	HEIGHT-ADJUSTABLE STEP	THE LATEST FUN & FUNKY TUNES	IMPROVES HEART & LUNG FITNESS IMPROVES AGILITY & COORDINATION INCREASES STRENGTH & ENDURANCE
	BODYVIVE™ A LOW-IMPACT WORKOUT FOR THE WHOLE BODY THAT WILL GET YOUR CORE WORKING HARDER, FOR A LEANER, STRONGER YOU. FEEL REVIVED.	55 MINUTES	CARDIO, BALANCE & MOBILITY RESISTANCE & CORE WORK	LOW TO MODERATE INTENSITY	AVERAGE OF 420 CALORIES	RESISTANCE TUBE & BALL	THE BEST MUSIC FROM THE 70s, 80s & 90s	IMPROVES HEART & LUNG FITNESS TONES & SHAPES INCREASES SENSE OF ENERGY REDUCES STRESS
	BODYJAM™ FUELLED BY STREET CULTURE, A DANCE AND CARDIO WORKOUT THAT WILL LEAVE YOU FEELING HYPED. EXPRESS YOURSELF.	55 MINUTES	DANCE-INSPIRED CARDIO	MODERATE INTENSITY	AVERAGE OF 530 CALORIES	NIL	THE HOTTEST NEW SOUNDS	BURNS CALORIES TONES & SHAPES DEVELOPS SELF EXPRESSION IMPROVES COORDINATION
	SH'BAM™ CUT LOOSE TO THE HOTTEST NEW WORKOUT WITH FUN MOVES AND SHAKIN' TUNES. FREE YOURSELF.	45 MINUTES	DANCE-INSPIRED CARDIO	MODERATE INTENSITY	AVERAGE OF 510 CALORIES	NIL	CHART TOPPING HITS & REMIXED BEATS	BURNS CALORIES TONES & SHAPES DEVELOPS SELF EXPRESSION IMPROVES COORDINATION
	CXWORX™ A PERSONAL TRAINING-INSPIRED, SCIENTIFICALLY-BASED WORKOUT THAT CHALLENGES YOU TO BUILD AND MAINTAIN A BETTER SHAPED AND FUNCTIONING CORE.	30 MINUTES	CORE STRENGTH TRAINING	MODERATE TO HIGH INTENSITY	AVERAGE OF 210 CALORIES	RESISTANCE TUBE	CLASSIC TOP 40 & CURRENT HITS	TIGHTENS & TONES CORE MUSCLES IMPROVES FUNCTIONAL STRENGTH FOR BALANCE MOBILITY & INJURY PREVENTION



RPM™



BODYCOMBAT™



BODYPUMP™



BODYVIVE™

FOR CLASS TIMES, PLEASE CHECK OUT THE GROUP EXERCISE SCHEDULE AT YOUR CLUB.

10 WORLD CLASS PROGRAMS WITH SOMETHING FOR EVERYONE



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FOR A FITTER PLANET