

AD CLASS DESCRIPTION - LOW IMPACT

AD STARTER KIT

This 45 minute class is designed for those who are new to the exercise scene or for those who want to take it a little easier- a full body workout at a reduced pace that will focus on all the major muscle groups and provide a low impact workout that will make you feel great.

PILATES

Based around working out your inner core as well as strengthening up your stabilising muscles and helping increase your flexibility, Pilates is a full body low impact class that runs for 60 minutes.

YOGA

Increase your energy and calm the mind with gentle stretches, postures and poses. Learning how to breathe can calm your mind, increase your mobility and flexibility. This 60 minute yoga class also increases muscle strength and builds stamina.



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AD CLASS DESCRIPTION - HIGH IMPACT

ATHLETIC HOUR

The ultimate workout to break up your day and to get your heart racing. A full body workout that is designed around functional movements, this 60 minute class will take you to places you have never been before.

BODYWEIGHT CIRCUIT

A high-impact cardio workout like nothing else. Designed to burn fat and rapidly improve athletic capability, this explosive 60 minute session combines high impact body weight exercises.

BOOTCAMP

This class is exactly what you imagine being in the army would be like- lots of big exercises and not much rest- a class designed to get maximum bang for your buck- 60 minutes.

HIIT CLASS

The movements are big, involving every muscle group working together, and short intervals (less than a minute) so you can give max effort, 30 minutes of FUN.

RESISTANCE TRAINING

A high intensity weight session that will target all your major muscle groups to help increase overall strength and boost your metabolism. 30 minutes of pure strength.

SPIN

Your ultimate workout on two wheels, this high intensity class is designed to push you to your limits, following a structured class you will be sweating for the full 60 minutes.



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