



## MONDAY

- 6:00 am Power Yoga 
- 9:30 am Pilates for Boomers 
- 12:00 pm Barre & Rhythm Pilates 
- 5:00 pm Barre & Rhythm Pilates
- 6:00 pm Yoga Beats 

## TUESDAY

- 6:00 am Barre & Rhythm Pilates 
- 9:00 am Strength & Conditioning with Matteo
- 12:00 pm Stretch & Release 
- 1:15 pm TRX Express with Matteo
- 5:00 pm Fusion 
- 6:00 pm Dharma Yoga 

## WEDNESDAY

- 6:00 am Pilates Reactivated 
- 9:30 am Barre & Rhythm Pilates
- 10:30 am Mums & Bubs Yoga with Madison 
- 12:00 pm Yin to Yin 
- 5:00 pm TRX Express with Matteo
- 6:00 pm Pilates Reactivated

## THURSDAY

- 6:00 am Yoga Beats
- 7:00 am Barre & Rhythm Pilates
- 9:00 am Strength & Conditioning with Matteo
- 12:00 pm Release & Restore 
- 1:15 pm Power Yoga
- 5:00 pm Pilates Reactivated
- 6:00 pm Fusion

## FRIDAY

- 6:00 am Dharma Yoga
- 7:00 am Fusion
- 9:30 am Dance Fitness for Boomers with Val 
- 10:30 am Strength & Conditioning with Matteo 
- 12:00 pm Pilates Reactivated
- 4:00 pm TRX Flow 
- 5:00 pm Stretch & Release 
- 6:00 pm Yoga Nidra 

## SUPER SATURDAY

- 6:45 am Yin Yoga with Madison 
- 8:00 am Pilates Reactivated 
- 9:30 am Fusion
- 11:00 am Barre & Rhythm Pilates

We welcome  
**fitness  
passport**



Follow us on socials for daily  
class reminders and Studio  
highlights.



Livestream via our  
website

# CLASS DESCRIPTIONS

## BARRE & RHYTHM PILATES

Combines the strength, control and precision of Pilates combined with the strength of simple Yoga and Tai Chi flows. Release, restore, length and strengthen. All set to motivating and inspiring music.

## DANCE FITNESS FOR BOOMERS

Dancing our way to fitness!! Mobilise joints, improve balance and coordination, all to tunes you will love

## DHARMA YOGA

Dharma Yoga is our most traditional yoga class. Dharma Yoga is a complete practice, deeply rooted in Yoga Philosophy making it a devotional and an intentional practice. A different focus each week, we move through easy to challenging flows and practice training the mind. This class will leave you feeling strong, revitalised, calm, focused, free, grounded and truly in your power.

## FUSION

A high energy class set to motivating music to build strength, cardio and endurance. The most fun you have ever had getting sweaty!! We fuse together boxing, yoga, pilates, weights and other props to challenge, strengthen, stabilise and restore balance and symmetry throughout the muscular system

## MUMS & BUBS

Enjoy the mother and baby connection with gentle yoga for Mum whilst baby is free to play safely on the mat. Engage with your baby throughout encouraging movements for development along with movements for Mum to release tension associated with feeding and carrying baby. Focus on strengthening core and reconnecting with muscles impacted through pregnancy and delivery.

## PILATES FOR BOOMERS

A safe yet challenging class to bring to life our mantra of moving every joint and every muscle in every direction every day! Enjoy a social and safe environment to improve stability, mobility and flexibility.

## PILATES REACTIVATED

Mat style Pilates updated to accommodate modern day alignment and postural habits. Develop an understanding of how the body moves including awareness of subconscious habits, often the cause of tightness and restriction. Learn to build strength and endurance throughout each day to support and stabilise whether at the desk or enjoying your favourite physical activity.

## POWER YOGA

Power Yoga is a dynamic style of yoga and provides elements of cardio, strength and balance. This class is the most intense yoga class we offer and is great for those looking to improve their Yoga movement practice. While this class offers a strong and challenging workout, it is suitable for everybody.

## RELEASE & RESTORE

Undo the tension created by poor posture, habitual movement patterns and modern life. A different approach to release with a focus on slow release of connective tissue utilising breath. Acknowledging all systems of the body, this class is deeply restorative and relaxing.

## STRENGTH & CONDITIONING

Incorporates functional fitness concepts in a small group environment to create a motivating class to build strength and cardiovascular fitness

## STRETCH & RELEASE

A class purely designed to release and lengthen. Tightness can be caused by any repeated movement or holding pattern. Learn how to gently and effectively release both muscle and connective tissue to unravel the factor of another day and prepare for any sport or activity.

## TRX EXPRESS

This 45-minute class incorporates the TRX suspension trainers and integrates every muscle group, working the body as a whole to build uniform strength, stability and mobility.

## TRX FLOW

Explore Yoga and Pilates on the TRX Trainers. Improve mobility and flexibility whilst building strength and stability in hips, shoulders, pelvis and spine.

## VIN TO YIN

A class acknowledging the need for balance between the sympathetic and parasympathetic nervous systems, strength and release, movement and rest. Enjoy strong movement sequences followed by gentle releases and mediation.

## YIN YOGA

A slow and gentle class to awaken the body and mind. Beautiful flowing movement to energise, lengthen and mobilise. End the class with a peaceful meditation to bring gratitude and positivity to your mind.

## YOGA BEATS

Yoga choreographed to music - be inspired and motivated to move through a vinyasa style yoga class. Feel energised by a great workout, lengthened and released through constant flowing poses and enjoy a sense of calm as created by all good yoga classes!

## YOGA NIDRA

Yoga Nidra is a form of guided meditation also known as 'yogic sleep' or 'effortless relaxation'. The practice draws our attention inwards, and we learn to surf between the states of wakefulness and sleep. The breath balances and becomes quiet, unconscious and conscious aspects of the mind reveal themselves, and we fall into an innate state of deep, blissful awareness.



Please book online to secure your place in class or via the GymMaster app.