

Sutherland Leisure Centre

GROUP FITNESS CLASS DESCRIPTIONS



AEROBICS

BODY ATTACK: (I/A) A high intensity aerobic training session for moderate to advanced fitness levels, with simple, athletic moves.

BODY BALANCE: (B/I/A) Pre-Choreographed Yoga based class. Improves strength, flexibility, range of motion of joints and overall well-being.

BODY COMBAT: (I/A) Pre-choreographed class (NON CONTACT) Mixture of Karate, Boxing and Tai Chi. Moderate Intensity. Please attend Body Combat Technique before your first Combat class.

BODY JAM: (B/I/A) A dance inspired cardio workout to the latest dance styles and the hottest new sounds. Low impact, mixed intensity fun workout for everyone.

BODY STEP: (B/I/A) An easy to follow step class giving great fat burning intensity with athletic options.

COMBO: (I) A combination of any three class formats. A great cross training class for aerobic conditioning.

FATBUSTER: (I/A) A high intensity, choreographed, low impact class. A great fat-burning workout.

FATBUSTER TECH: (B) Overcome your fear of Fatbuster in this class which teaches you all the moves you need to know to get you started.

FITBALL: (B/I/A) A conditioning and strengthening full body workout using Fitballs.

FITBALL LITE: (B/I) Fitball class designed for beginners and *seniors (held in Circuit Room)*

GENTLE EXERCISE: (B) For senior exercisers, beginners or those rehabilitating after injury or illness. A low intensity class.

HI/LO: (I/A) A combination of high and low impact moves. A great aerobic conditioning class.

M.I.T. : (B/I) (Men in Training) A cross-training fitness class designed for men, working at own fitness level.

NEW BODY: (B/I) Combines upper body exercises with light hand-weights and easy to follow low impact moves. No running or jumping.

POWER HOUR: (I/A) An intense athletic-style workout for participants of advanced fitness levels. No choreography.

PUMP: (B/I/A) Weight training to music. Designed to give your body a complete workout using barbells. No running or jumping.

MASTERS PUMP: (B/I) Weight training to music with modifications given for senior exercisers and beginners. Please attend Pump Technique before your first Pump class.

BOXING

SWEATBOX: (I/A) A combination of Boxing moves using boxing equipment a great workout.

POWERBOX: (I/A) A combination of Power Hour and Boxing, a high energy workout

Sutherland Leisure Centre, Rawson Avenue, Sutherland NSW 2232 Ph: 9545 2400 Fax: 9545 2481
Opening Hours: Mon-Fri 5:00am-9:00pm Sat 5:30am-7:00pm Sun & public holidays 7:00am-7:00pm

CLOSED Good Friday & Christmas Day www.sslc.com.au

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AQUA

COMBO: (B/I/A) Combines benefits of both aqua power & tone classes.

DEEP WATER: (B/I/A) Using buoyancy belts there is no impact on joints, just the resistance of the water.

DEEP ATHLETIC: (I/A) An intense cardio workout in the water for the advanced Deep Water participant. No weights will be used – all cardio work.

GENTLE AQUA: (B) Designed for seniors. Beneficial for those with blood pressure, arthritis, joint problems or injury rehabilitation.

INTERVAL: (I/A) Combines intervals of high intensity work with resistance work to elevate the heart rate.

P.I.C: (B) For physically and/or intellectually challenged participant. Carer (free entry) required with participant.

POWER: (I/A) A high-energy workout for overall fitness and toning guaranteed to increase the heart rate.

SENIORS: (B) Designed for the more active senior. The next step up from gentle aqua.

SPECIAL NEEDS AQUA: (B) Similar to gentle; designed for M.S, Stroke, Parkinson's, Arthritic, back, hip and knee injury.

TONE: (B/I) A toning and firming class using weights and water as a resistance. Suitable for all fitness levels.

CIRCUIT

GENTLE: (B) – Low intensity for those unaccustomed to exercise or recovering from injury or illness.

LITE PACE CIRCUIT: (B) An easy does it circuit designed for beginners, seniors, pregnant ladies. No running or jumping.

MID PACE CIRCUIT: (B/I) A moderate intensity circuit with plenty of options to work at own pace.

SPIN STUDIO

RPM: (B/I/A) is a 50-minute indoor cycling class based on outdoor riding. You ride to inspirational music over the equivalent of 20-25 kilometres of varied terrain, controlling the intensity of your workout with a resistance dial and pedal speed.

FREESTYLE: (I/A) Stationary cycle workout incorporating high cardiovascular demands with intense lower body conditioning. Your instructor will take you on a journey with ever changing terrain and scenery. No co-ordination is required. (Probably intermediate and advanced fitness levels)

GENTLE SPIN: (B) (Beginner level)