

HERITAGE PLAZA

CLASS DESCRIPTIONS



combines moves and stances developed from a range of self-defense disciplines such as karate, boxing, Tai Chi, and kickboxing. It is a fiercely energetic experience taught in a safe and simplistic manner. Designed to fight fat and kick calories, it is a great cardiovascular workout that's all out fun. (45 and 60 minute formats offered)



A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study, BODYPUMP was verified by The University of Auckland as providing the fastest body fat loss of any fitness class. (45 and 60 minute formats offered.)



A 30-minute moderate to high intensity core program. Tightens and tones the core, improves functional strength for mobility and injury prevention.



55-minute class with two aerobic sections to challenge your cardio fitness and stamina Muscle conditioning will strengthen and tone your entire body. Experienced exerciser low options available.

TABATA CIRCUIT

30-45 minute timed interval based class consisting of both cardio – strength circuits. All levels.

PILATES

Pilates - using lengthening, toning and strengthening exercises based on Pilate technique. Bring a mat and take your shoes off and get ready to stretch and tone yourself to a new level. Your back and abdominals will thank you. (All Levels)

H.I.I.T. – High Intensity Interval Training -a total body workout that can be obtained in as little as 30 minutes. Intermediate to Advanced Level

SPINNING

40-60 minute ride taught within one of the Energy Zones (Endurance, Strength, Interval, Race Day and Recovery). Each class is taught within a certain Heart Rate parameter and cadence range. This class will fill the needs of the average cardio exerciser and the triathlete alike. Voucher ticket required for all classes. Tickets distributed at the front desk.

TRIYOGA ALL LEVELS

Yoga All Levels- This class is designed for the beginner students to the more advanced student. Students can work at their own level of practice as modifications will be given during class by the instructor. 75 minute class.

TRIPLE THREAT

Combination of cardio, strength and core. You will get a full body workout from head to toe. All levels welcome.

ZUMBA®

ZUMBA® fusion of Latin & International music utilizing the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. Mixes body sculpting with easy to follow dance steps.