

Pump Gyms

CLASS DESCRIPTION

ABS ATTACK

20 minutes of intense ab and core exercises.

BOOTY BUILDER

A great workout to strengthen and tone your legs and booty

BOOTCAMP

Get pushed to your limits. Focusing on high intensity interval training to help you reach your goals.

BARBELL BLAST

A full body workout with a barbell, muscle tone, fat burn you name it, this class has it all!

BARBELL BLAST

Step into Bonnies world and you'll punch and kick your way to fitness, burning calories along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. The instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ, channel your inner Rocky!

CORE SHOCK

Nothing but core work! 30 minutes devoted to flattening and sculpting that midsection. Hitting all the muscles needed to give you core strength, stability and those 6 pack abs!

FLEX 'N' STRETCH

Want to loosen up? This 30-minute stretch class will help you touch your toes in no time!

FULL BODY BLAST / BODY BLASTER

A HIIT workout using a variety of different equipment to push you to the limits.

GET FIT CIRCUITS

A total body workout. Offering stations for strength, cardio, endurance, plyometric and core training. Great for burning calories, toning and shaping.

INSANITY

Insanity is a total body workout that requires no gym or equipment. You exercise using your own body weight for resistance. The program is based on a fitness method called "max interval training." In traditional interval training, you exercise at a very intense pace for a short period of time, and then rest for longer periods in between. The idea is to increase your aerobic fitness level while burning fat.

KICKBOXING

Kickboxing is a blend of boxing and karate, during these great classes you work on a variety of self defence and fitness techniques to help build your confidence and discipline.

LBT - LEGS, BUMS + TUMS

Circuit based classes hitting the core exercises for your legs, bums and tums!

PILATES

Pilates aims for elegant economy of movement, creating flow through the use of appropriate transitions. Once precision has been achieved, the exercises are intended to flow within and into each other in order to build strength and stamina.

PINK BELT KICKBOXING

A unique, women only kickboxing initiative centred around empowerment. you will learn Martial Art's skills, self-defence, improve your fitness beyond expectations, improve your confidence, change your body shape, decrease your stress levels, increase your energy levels, feel great, look great, make friends and more importantly, you'll be able to say, "I'm in control".

RIG FIT

A HIIT training session all based around our jungle gym. Mainly focusing on functional training, helping you get the most out of your body in day to day life.

SPIN

A challenging yet fun cardiovascular workout, on a bike, using a mix of flats, hill climbs, and sprints to burn lots of calories. It is suitable for most people and classes can be adapted to suit everybody.

YOGA

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing, the main components of yoga are postures and breathing. Send your mind and body to a place of spiritual, mental and physical wellbeing.

ZUMBA

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave the class.