



CLASS DESCRIPTIONS

KETTLEBELL & STEP TABATA

In this workout you will combine high intensity step exercises with a kettlebell strength exercise in tabata format. Tabata format is 20sec of work with 10 sec of rest. This is similar to HIIT which means it is great for fat burning especially to target stubborn belly fat. The kettlebell exercises will also sculpt and tone your whole body. This is a fun yet challenging workout.

BENEFITS:

- Decrease body fat percentage
- Improve cardiovascular fitness
- Body toning and shaping
- Increase muscular endurance
- Boost metabolism

BODY SCULPT

Low impact workout that will tone and shape your entire body. Body weight, dumbbell and kettlebell exercises will be done. Great class for all fitness levels as the difficulty can be changed by using lighter or heavier weights. You will feel the burn!

BENEFITS:

- Full body toning and shaping
- Increase in muscular strength and endurance
- Strengthen ligaments and joints
- Increase lean muscle mass

BUNS & GUNS

You will be shaping your lower body and arms in this class. No cardio just body weight exercises and dumbbell exercises to sculpt a sexy body. Focus will be on the glutes, thighs, biceps and triceps.

BENEFITS:

- Increase lean muscle mass
- Strengthen and tone lower and upper body
- Sculpt and lift the bum

BIKINI SCULPT

Bikini Sculpt is a combination of toning and cardio exercises. We will be doing compound toning exercises thus working more than one muscle group at a time. In between the toning exercises we will do intervals of cardio exercises. This workout will focus on sculpting the arms, leg and tummy. Toning exercises will be done with dumbbells. This class is suitable for all fitness levels. Beginners can start off by taking rest breaks in the cardio interval times.

BENEFITS:

- Decrease body fat percentage
- Sculpt and tone whole body
- Increase cardiovascular fitness
- Increase lean muscle mass percentage
- Strengthen ligaments and tendons.

CIRCUIT SURPRISE

This class will contain different exercises presented in a circuit style every week. There will be different stations set up and you will move from one station to another. We will either do a specific number of reps or time at a station. You will make use of a variety of exercise equipment and the rest is a surprise!

BENEFITS:

- Increase lean muscle mass
- Boost metabolism
- Decrease body fat percentage
- Improve cardiovascular fitness

BUTT BLAST

The ultimate booty shaping class! Shape, tighten and lift your behind with a variety of exercises focused on hitting your gluts from all angles. Your Gluteus Maximus (bum muscle) is the biggest muscle in your body so that means tons of calories are also being burned when you work this area.

BENEFITS:

- Improve leg strength and endurance
- Decrease body fat percentage
- Toning of the lower body

DUMBBELL COMBO

This class will consist of a variety of exercises all done with dumbbells. There will be cardiovascular exercises as well as toning for the lower and upper body. The class is suitable for all fitness levels. The weight of the dumbbells you use will determine the intensity of the workout.

BENEFITS

- Increase cardiovascular fitness
- Weight loss
- Decrease body fat percentage
- Sculpt and tone whole body
- Increase lean muscle mass percentage
- Strengthen ligaments and tendons.

AEROBICS AND KETTLEBELL TONE

This class consists of 30min aerobics, 20min full body toning with kettlebells, 5min abs and then 5min cool-down. This is fun calorie blasting class done on the beat of music. You will work out a good sweat and tone your entire body. The class is fun way to get in a great workout. The aerobic steps are kept basic so you don't have to worry about learning complicated steps.

BENEFITS:

- Weight loss
- Full body toning and shaping
- Increase in fitness levels
- Strengthening your heart and increasing lung capacity
- Lowering blood pressure
- Strengthening muscles and ligaments

FIT BALL

In this class you will do a combination of toning and cardiovascular exercises with the exercise ball. We will tone all parts of the body and also focus on the core. This is a great class to start for a full body workout.

BENEFITS:

- Weight loss
- Increase in core strength
- Improved muscular endurance
- Full body toning and shaping

BOOT CAMP

BEFIT boot camp is suitable for all fitness levels! You don't have to be fit to join. We will be doing the boot camp indoors or outdoors. A combination of strength and cardiovascular training will take place as well as plyometrics. Be prepared to work up a sweat! Perfect for those that like to be pushed 😊

BENEFITS:

- Weight loss
- Full body toning and shaping
- Increase in muscular strength and endurance
- Overall improvement in fitness level

VINYASA YOGA

Vinyasa yoga is flow yoga. Instead of just holding a pose we will flow from one pose to another. Yoga offers you a full body workout and helps you to relax and just clear your head for the duration of the class. You do not have to be flexible to do the class. The class caters for beginners and the poses that we do is suitable for all. You stretch your muscles while holding the pose and because it is a flow class your Heart rate will increase and you will get cardiovascular benefits as well.

BENEFITS:

- Increase ligament and tendon strength
- Improves core strength
- Increase flexibility
- Increase lung capacity and improves cardiovascular system
- Helps with relaxation and decreasing stress levels
- Increase muscular strength and muscle toning

BUMS AND TUMS

The name says it all! In this class we will be focusing on getting your tummy flat and toned and getting your buttocks tight and firm. Lots of squats are on the menu! You will be strengthening and toning these muscles with a combination of body weight and weighted resistance training.

BENEFITS:

- Muscle toning and shaping
- Increase in core strength
- Strengthen ligaments and joints
- Weight loss

KETTLEBELL TONE

You will be toning and shaping your entire body by doing exercises with a kettlebell. The kettlebell is a very versatile piece of equipment and we will be using it in different ways. Some of the exercises like kettlebell swings will also give you a cardiovascular workout. Suitable for all fitness levels as you can choose which size kettlebell you want to work with.

BENEFITS:

- Increase lean muscle mass
- Tone and shape upper and lower body
- Increase basal metabolic rate
- Strengthen ligaments and joints.

KETTLEBELL HIIT

The ultimate fat burning and toning workout. We will combine a kettlebell exercise with an interval of high impact cardio. This workout will target your whole body and help to burn stubborn belly fat.

BENEFITS:

- Decrease body fat percentage
- Increase lean muscle mass
- Improve cardiovascular fitness
- Body Toning
- Boost Metabolism

ULTIMATE ARMS

We will start this class of with an upper body specific warm-up. We will then do a variety of exercises focusing just on all the upper body muscle groups. We will do body weight upper body exercises and exercises with dumbbells. This class is perfect if you are looking to tone your arms and improve your arm strength.

BENEFITS:

- Toning and shaping the upper body
- Improving upper body muscular strength and endurance
- Build lean muscle mass that help to speed up metabolism

BOOTY CAMP

Boot Camp for your Legs! This class combines cardio and lower body exercises. We will be toning the thighs, bums and calves. This class will also help to tighten up the lower body and reduce cellulite in the area. This will be an intense workout. But you will feel great afterwards.

BENEFITS:

- Weight loss
- Lower body toning and shaping
- Increase cardiovascular fitness

PILATES

The pilates class focus on strengthening you core muscles. Core refers to all you abdominal muscles right around to your lower back. The class also includes exercises strengthening exercises for your back and toning for your legs. Most of the exercises are done on the mat. It is low impact and thus not playing any pressure on your ligaments and joints. Pilates is recommended for people with back problems as it strengthens the core that helps to support your back.

BENEFITS:

- Strengthening of the core muscles
- Strengthen lower back and relieves back pain
- Strengthen ligaments and joints
- Increases flexibility
- Helps to prevent injuries
- Body toning and shaping
- Improves your posture

BALL COMBO

In this class we will do exercises using the medicine ball and exercise ball. The class will consist of cardio as well as strength training exercises. This class is for weight loss and full body toning and suitable for all fitness levels.

BENEFITS:

- Improve upper and lower body strength
- Improve core strength
- Weight loss and full body toning

JUST STEP

A 1hr hour fun and fat burning step workout! Step to the beat of music working your whole body, especially the legs. Basic step moves will be done as well as other cardio exercises using the step. There will be low and high impact steps. A bit of co-ordination will be needed.

BENEFITS:

- Increase lean muscle mass
- Weight loss
- Increase muscular endurance of the legs
- Toning and shaping of the legs
- Stress relieve

SPEED AND POWER

A 1hr fat burning class were we will be doing speed drills through a agility ladder and power exercises with a medicine ball. Speed and power training consist of 4-8 reps and 3-4 sets with complete recovery between sets.

BENEFITS:

- Improve speed and agility
- Strengthen upper and lower body muscle
- Decrease body fat percentage
- Improve cardiovascular fitness level

BODY PUMP

You will be feeling the burn like you have never felt it before. An hour toning class that will target your body from every angle. Exercises will flow into one another with hold and pulse movements added in. Perfect class if you are looking to sculpt sexy arms and legs. You will be doing all of this to the beat of specific tracks for each muscle group.

BENEFITS:

- Increase lean muscle mass
- Tone, tighten and shape full body
- Strengthen tendons and ligaments
- Improve muscular endurance

5KM INTERVAL RUN/WALK

We will do a 5km route starting and ending at the studio. We will follow a 1min walk and 2min jog interval for the entire distance. This makes it easy for all to do as you will have a rest during the walking interval. Great for those wanting to start running.

BENEFITS:

- Improve cardiovascular fitness
- Relieves stress
- Promotes feeling of well-being
- Weight loss

CARDIO AND ABS

We will be combining cardio exercises with abdominal exercises to help you burn fat and tone your tummy at the same time. All fitness levels are welcome and I will be showing low impact modifications.

BENEFITS:

- Decrease body fat percentage
- Improves core strength
- Improve cardiovascular fitness and increase lung capacity
- Tighten and tone the abdominal area

CRAZY COMBOS

This is a full body workout using a variety of exercise equipment. The workout has 2 sections each consisting of 3 exercises with different equipment that will be done twice through. You will be using your own body weight, step, kettle bell, dumbbell, booty band and exercise mat. Great for people looking for a workout that won't be repetitive.

BENEFITS:

- Improves muscular endurance
- Fat burning
- Boost Metabolism
- Improves cardiovascular fitness

BOOTY BAND

In this class we make use of a resistance loop band for all the exercises. We do mainly lower body exercises as well abdominal exercises. You will be feeling the burn in your legs 😊 The class is great for beginners to advance as the loop resistance bands come in different strengths so you can use one according to your fitness level.

BENEFITS:

- Tighten and tone the lower body and abs
- Injury prevention for runners and other athletes
- Strengthen muscles around the knee and hips – beneficial for those with knee/hip problems
- Improves ligament and tendon strength

STRENGTH AND CARDIO TABATA CIRCUIT

This class take place in a circuit format. There are 4 stations and you will do each station twice. Station 1 is strength exercises lower and upper body with a barbell. Station 2 is body weight cardio. Station 3 is strength exercises for lower and upper body with dumbbell. Station 4 is cardio with the step. You will do each station for 20sec and get 10 sec rest. Then a 1min rest after doing each station twice.

BENEFITS:

- Improves upper and lower body strength and endurance
- Improves cardiovascular fitness
- Boost metabolism
- Help to decrease body fat percentage

INDOOR EXTREME

A very high intensity class for those that like to challenge themselves. You will be doing a combination of exercises with equipment that will be combined with cardio in between. There won't be much rest breaks in between rounds to ensure you are getting an intense workout. This class is for those that have been exercises for a while already and one to step things up.

BENEFITS:

- Decrease body fat percentage
- Full body toning
- Improves general fitness level
- Boost metabolism

HIIT & TONE

High Intensity Interval Training is a great workout to burn fat. It is a form of cardio but is more beneficial than steady paced cardio. In this workout we work in intervals so you will do a certain exercise for 20sec and then 10sec active rest and then repeat 3 to 4 times. You sure to work up a sweat! After 30min of HIIT we will do full body toning with dumbbells.

BENEFITS:

- Increase metabolism
- Burn fat
- Improves cardiovascular fitness
- Helps you build lean muscle
- Help you burn more calories while at rest

KETTLEBELL KILLER

In this class you will be doing full body exercises making use of kettlebells. Kettlebell training is a great way to burn extra calories as you incorporate more muscle when training with kettlebells. They are a very versatile piece of exercises equipment and we will use them to do cardio exercises as well. The difficulty can be adjusted by taking heavier or lighter kettlebells.

BENEFITS:

- Decrease body fat percentage
- Increase lean muscle mass
- Improves overall fitness level
- Improves strength and core stability
- Full body toning and tightening
- Speeds up metabolism

CARDIO BLAST

A 45min cardio workout that will make you sweat! Great for those that can only fit in a quick workout. Different types of cardio exercises will be done to get your heart up and into the fat burning zone.

BENEFITS

- Weight loss
- Body fat % loss
- Increase cardiovascular fitness levels and lung capacity

TONE COMBO

Low impact workout that will tone and shape your entire body. We will be toning your body from head to toe. Body weight and weighted resistance exercises will be done. You will be making use of a variety of equipment in this class including balls, kettlebells, steps and dumbbells.

BENEFITS:

- Full body toning
- Increase in muscular strength and endurance
- Strengthen ligaments and joints
- Build lean muscle mass
- Speed up metabolism

HIIT CIRCUIT

High Intensity Interval Training is a great workout to burn fat. It is a form of cardio but is more beneficial than steady paced cardio. In this workout we work in intervals so you will do a certain exercise for 20sec and then move to the next one in the circuit. You sure to work up a sweat!

BENEFITS:

- Increase metabolism
- Burn fat
- Improves cardiovascular fitness
- Helps you build lean muscle
- Help you burn more calories while at rest

AEROBICS AND STEP – NON STOP

This is a 1hr fun heart pumping cardio workout. We will do 30min aerobics followed by 30min step. This is all done to the beat of music so it's for a very enjoyable session. The steps are not complicated so no need to worry if coordination is not your strong point.

BENEFITS:

- Improves cardiovascular fitness
- Stress relieve
- Speeds up metabolism
- Increase muscular endurance
- Weight Loss

BAND FITNESS

A full body toning class suitable for all fitness levels. Exercises will be done with resistance bands. There are resistance bands of different tightness so you can choose one according to your strength.

BENEFITS:

- Full body toning and shaping
- Increase lean muscle mass
- Strengthen ligaments and tendons
- Improves fitness level

POWER STEP

In this class we will use the step to do several of exercises to improve muscular strength and cardiovascular fitness. We will combine step exercise to the beat of the music with dumbbell exercises as well and cardiovascular exercises. You will thus be burning fat while toning your body.

BENEFITS:

- Improves muscular strength and endurance
- Sculpt and tone the arms
- Improve cardiovascular fitness
- Weight loss

STEP CIRCUIT

In this class we will be doing a combination of high impact cardio and toning exercises. We will do this in a circuit form making use of a step at the cardio or toning stations. You will thus do your exercises for a certain amount of time and then move on to the next station where you will be doing another exercises. There will be several stations. The rest breaks will be short so you will be getting a great sweat session!

BENEFITS:

- Improve cardiovascular fitness
- Improve muscular strength and endurance
- Fat burning and muscle toning
- Speeds up your metabolism
- Weight loss

STEP AND TONE

This class consist of 30min of step moves to the beat of music. We don't do to complicated step moves so it is not a problem if your coordination is not so good. After that we do 30min of toning using dumbbells and the step. This is a fun full body workout incorporating cardio and resistance training.

BENEFITS:

- Fat burning
- Stress relieve
- Boost metabolism
- Improves cardiovascular fitness
- Improves lower and upper body muscular endurance
- Weight loss