

# BLAF GROUP FITNESS

## Class Descriptions

### ACTIVE MOVERS

Classes designed for older adults looking to work on basic strength, fitness and balance. This class is a friendly and safe environment for older adults.

**Centres:** APARC

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### AQUA AEROBICS/AQUACISE

A whole body gentle conditioning workout to improve overall strength, particularly the core muscles. This is a water based class that is suitable for all levels. Due to the in-water nature of the class, this class reduces bodyweight and allows participants to complete movements in water that they wouldn't necessarily be able to do on land.

**Centres:** APARC, BSC, HALC

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### AQUA HI INTENSITY

A high intensity class in the water designed to push you to improve your overall fitness and endurance.

**Centres:** APARC

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### AQUA MOVERS

Designed for individuals of all levels of ability and mobility 50 years and over. Aqua Movers is a simple water based exercise class.

**Centres:** APARC

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### BARRE

A challenging resistance and cardio workout using the ballet barre, therabands and balls, to tone lengthen and balance the body.

**Centres:** APARC, HALC

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### BODYART

An intense holistic and functional mind and body workout combining strength, flexibility, cardio and breathing. Practiced barefoot, BodyART has been described as a tribal, flowing yoga-inspired class set to cool house music.

**Centres:** HALC

## **BODY BALANCE**

Body Balance is a pre-choreographed class that uses a mixture of Tai Chi, Yoga and Pilates to focus on flexibility, strength and balance.

**Centres:** APARC, BSC, HALC

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## **BODY ATTACK**

Sports-inspired cardio group exercise workout by Les Mills. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises.

**Centres:** HALC

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## **BODY STEP**

An energising step workout using a height-adjustable step and simple movements on, over and around it for a leaner body. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

**Centres:** APARC, HALC

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## **BODY PUMP**

Body Pump is a Les Mills class designed to burn calories and build muscle. Body Pump is completed to upbeat backing tracks and involves the use of barbells, weights and steps to help you achieve your goals!

**Centres:** APARC, BSC, HALC

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## **BOXING/BOXING CIRCUIT**

Boxing classes encompass both the technical aspects of boxing, along with core strengthening exercises. You will learn boxing skills such as correct form in throwing jabs, hooks and uppercuts, whilst working at an intense pace.

**Centres:** APARC, BSC, HALC

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## **CIRCUIT / FUNCTIONAL CIRCUIT**

Circuit classes are an all-around class that focus on a holistic approach to exercise. Circuit classes will challenge every part of your body and allow participants to work at a low, medium or high intensity depending on their preference. Circuit classes use a range of equipment where the instructor delivers their programming. Circuit classes are a great way to meet new people, get active and achieve your fitness goals whatever they might be!

**Centres:** APARC, BSC

## CORE CIRCUIT

A combination of high and low intensity exercises focusing on the core and using a range of equipment including barbells, dumbbells, steps, and even body weight exercises to help burn fat and improve cardiovascular health.

**Centres:** BSC

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## CORE & MORE

Core & More uses cardiovascular exercises and core stabilisation work to improve posture, coordination, muscular strength and endurance. Using circuit protocols, participants use fitballs and free weights to complete a variety of exercises.

**Centre:** BSC

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## LES MILLS CORE

This 30-minute low impact, low cardio workout is the ultimate way to get a tight and toned core. Les Mills Core hones in on your abs, glutes, back, obliques and sling muscles connecting the upper and lower body.

**Centres:** APARC

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## CYCLE

Freestyle stationary cycle workout that will build endurance and provide great cardiovascular training. Our classes are led by our expert fitness instructors and provide a fun group environment and ever changing scenery and challenges.

**Centres:** APARC, BSC, HALC

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## DANCE FOR NEUROBALANCE

Dance for Neurobalance is a therapeutic and artistic class combining different dance genres in a supportive environment. Emphasis is placed on coordination, rhythm, mobility, balance, breath, fluidity of movement, musicality and creative fun. Designed to target adults with neurological disorders and taught by a certified Dance for Parkinson's instructor.

**Centres:** HALC

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## DEEP WATER RUNNING (DWR)

DWR simulates land-based movements in deep water while free-floating or using buoyancy tools. This type of exercise removes stress put on the joints during load-bearing exercises. Hydro belts are often one of the tools worn in this class to suspend participants in the water while they complete a range of drills.

**Centres:** APARC, BSC, HALC

## EASY MOVERS

A gentle chair-based resistance class that aims to improve ability to carry out essential day-to-day activities. A doctor's clearance is required before attending this class.

**Centres:** APARC

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## FREESTYLE STEP

Freestyle Step is a high intensity, fun, motivating class that uses a mixture of free weights and steps - completed to upbeat music – that focuses on achieving fitness goals in cardiovascular endurance.

**Centres:** APARC, BSC

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## FUNCTIONAL YOUTH GYM

Focused on strength based resistance training, correct exercise techniques and ensuring the safe form of weightlifting in the gym, this class is designed to create a fun and enjoyable environment for youth members to be involved in.

**Centres:** APARC, BSC, HALC

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## GENTLE STRENGTH TRAINING

This is an excellent introductory class for our older adults who are looking at becoming active after a period of inactivity. This class is well-designed for older adults, using chair-based and standing exercises that focus on balance and strength to prevent falls.

**Centres:** BSC

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## GENTLE WATER EXERCISE

A water based class for older adults with arthritis, joint replacements, weak muscles, chronic pain or conditions that have mobility restrictions. The water provides support for the body while you stimulate your muscles, assist with joint pain and improve flexibility and balance. Participants do need to be competent in water.

**Centres:** HALC

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## GROOVE

A fun dance class that incorporates low/high intensity cardio and strength moves in an easy-to-follow, friendly environment. The class includes simple steps, a variety of music styles and a party atmosphere. It's guaranteed to get you dancing your way to a fitter you!

**Centres:** HALC

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## HIIT/HIIT 45

High Intensity Interval Training (HIIT) incorporates a full body workout designed to build muscle and increase cardiovascular fitness

**Centres:** APARC, BSC

## KETTLEBELL

A demanding whole body workout using the kettlebell in a variety of dynamic movements to build strength, stamina and improve flexibility, balance and joint strength. This is a beginner level class for seniors who want to maintain and improve their independence and daily activities.

**Centres:** HALC

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## METCON

Metcon involves a combination of functional strength training and high intensity interval training – creating the ultimate whole body workout.

**Centres:** APARC, HALC

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## MOBILITY

By incorporating slow, dynamic movements focussed on stretching and releasing of the muscles and joints, Mobility classes are a great way to break up your week. This class will greatly improve your mobility, flexibility, balance and posture.

**Centres:** APARC, BSC, HALC

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## PILATES

Pilates is a mat-based class that focuses on improving balance, flexibility, coordination and core strength.

**Centres:** APARC, BSC, HALC

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## PRYME ACTIVE

A welcoming and friendly 45 minute class for intermediate to fit people (50yrs+). Activities involve using bands, balls, steps and weights that will improve balance, core strength and flexibility.

**Centres:** HALC

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## PRYME CIRCUIT

A strength based class suitable for intermediate level participants (50yrs+). Run in a circuit structure involving balance and core, along with different strength exercises.

**Centres:** HALC

## **PRYME GYM**

Exercises for older adults, based on progressive resistance training, and incorporates aerobic exercise, balance and flexibility while improving general core strength. Important to note this class incorporates Pilates and Yoga movements, so may include mat work.

**Centres:** HALC

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## **PRYME DANCE**

Learn a new dance style every week! Latin, Hip Hop, Swing and Bollywood your way into fitness with these simple and classic dance steps. Suitable for all fitness levels, no experience required.

**Centres:** HALC

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## **PRYME STRENGTH/STRENGTH FOR SENIORS**

This class involves a range of upper and lower body strength, core and flexibility exercises for older adults. They are functional and relevant exercises related to daily activities and falls prevention. The atmosphere is welcoming, friendly, fun, social and provides an excellent workout to make you feel stronger, relaxed and feeling good. All classes are open to restricted members.

**Centres:** BSC, HALC

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## **STRENGTH**

Combining weight training and metabolic conditioning to improve your strength and enhance your performance - teaching you how to move more efficiently and perform better both in training and everyday life. Classes will include mobility, strength and a metabolic conditioning workout to help build and maintain lean muscle and increase strength, metabolism and overall fitness levels.

**Centres:** APARC, HALC

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## **STRENGTH & BALANCE**

Strength & Balance is a low impact class to increase and maintain strength, flexibility, balance and coordination. Classes will include mobility work, strength and aerobic training targeted to improve your overall fitness levels.

**Centres:** APARC



## SH'BAM

Featuring simple but seriously hot dance moves, SH'BAM® is the perfect way to shape up.

**Centres:** APARC

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## SUPER SENIORS / ACTIVE ADULTS / PRYME FOR SENIORS

Classes designed for older adults looking to work on basic strength, fitness and balance. This class is a friendly and safe environment for older adults.

**Centres:** BSC, HALC

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## SH'BAM

Featuring simple but seriously hot dance moves, SH'BAM® is the perfect way to shape up.

**Centres:** APARC

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## SYNERGY

A class that focuses on cardio, strength and core. This class will tone and strengthen your muscles during a full body circuit.

**Centres:** APARC

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## SQUAD SWIMMING

Great for anyone wanting to improve their swimming performance and train in a motivating environment with the help of our qualified swimming coaches. Sessions are tailored to fit a range of levels, however a basic swimming ability is required.

**Centres:** BSC, HALC

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## TOTAL TONE

Total Tone class is a full body conditioning and strengthening workout with the use of free weights, improving functional strength, flexibility and co-ordination.

**Centres:** HALC

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## TAI CHI

Slow, gentle and tranquil movements enabling harmony, improves mobility, suppleness and mental alertness. Non/low impact and low intensity.

**Centres:** APARC, BSC

## VIRTUAL CYCLE

Freestyle stationary cycle workout will build endurance and provides great cardiovascular training. We have fun group classes led by exhilarating virtual classes available for your convenience.

**Centres:** APARC

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## YOGA (Classical)

Become healthier and happier in Classical Yoga by receiving a holistic approach to yoga. Classical Yoga is a blended format that uses all the best parts of other yoga. It is slightly lower in intensity and focuses on moving into poses as you breathe, stretch and relax. There is a big focus on becoming aware of your breath and mindfulness, focusing on the inner workings of your body and mind.

**Centres:** BSC, HALC

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## YOGA (Gentle)

This class uses an intelligent mix of yoga postures, somatic movement, breath work and meditation to cultivate ease of movement and freedom of mind. This class is nurturing, cultivates strength and mobility in the joints and tissues of the body. The practice is light and creative but slower paced and gentle. It is great for any experience levels and also for those who feel like slowing it down and sinking deeper into their practice.

**Centres:** BSC, HALC

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## YOGA (Dynamic)

Dynamic Yoga is a challenging workout which will increase strength, muscle tone, energy and flexibility through dynamic movements. This class will assist you to improve body awareness and help you to build natural strength while reducing stress and tension, leaving you feeling invigorated.

**Centres:** APARC

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## YOGA (Hatha)

Focuses on improving mobility, breathing, balance and building up strength by incorporating postures that allow you to build up stamina in the muscles through extended holds in each position. Paired with breathing and concentration, leading into relaxation of the body and mind.

**Centres:** APARC, BSC, HALC



## **YOGA (Iyengar)**

Iyengar Yoga exists to help students achieve and maintain health and wellbeing. Iyengar does this through emphasising precision and alignment in all poses, using props to assist all people at all stages of life to be able to access yoga and through sequencing – meaning there is importance placed on when and how poses are done.

**Centres:** BSC

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## **YOGA (Vinyasa)**

Vinyasa is an energizing, dynamic class that links breath with movement, while incorporating a continuous flow of postures. Your teacher will guide you through a series of yoga postures to create a flow, then each student moves through the sequence at his/her own pace.

**Centres:** APARC, HALC

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## **YOGA (Yin)**

Yin Yoga targets the connective tissues of the hips, pelvis and lower spine. Yin postures are held for three to five minutes which gives the body an opportunity to open and release tension from deeper tissues. Yin Yoga is suitable for most levels of students.

**Centres:** APARC, HALC

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## **ZUMBA**

Zumba uses hypnotic Latin rhythms and easy to follow moves in an exciting and upbeat environment. This class improves cardio fitness and burns a lot of calories! Zumba is a music-focused dance class that focuses on fun first!

**Centres:** APARC, HALC

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## **ZUMBA GOLD**

Active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.

**Centres:** APARC