**Water-Based Activities**

**Aqua Mobility**

A low-impact water workout designed to gently improve joint movement and flexibility. You'll be moving through slow, controlled motions in the water, allowing you to stretch and increase your range of motion without putting pressure on your joints. This is ideal for people with arthritis, joint issues, or those recovering from injury.

**Evolve Aquafit**

A water-based fitness class that combines aerobic exercises and muscle-toning movements. You'll perform a variety of exercises like water jogging, leg lifts, and arm sweeps, using the natural resistance of the water to strengthen your muscles and improve heart health. The water helps cushion joints, making it a great choice for those who want a full-body workout without high impact on their joints.

**Dance**

**Broadway Boogie**

This dance workout takes inspiration from famous musicals, combining simple dance moves with the upbeat music of Broadway shows. You'll follow choreographed routines that are easy on the body but still get your heart rate up, incorporating basic dance steps like kicks, arm swings, and turns. No dance experience is needed, and it’s a fun way to enjoy a light cardio workout.

**Dance Fit**

A high-energy class that mixes simple dance routines with cardio exercises. You’ll follow the instructor through sequences like grapevines, hip swings, and shuffles, all set to upbeat music. It’s designed for all fitness levels, so whether you’re a beginner or more advanced, you can adjust the intensity to your own level.

Dance Aerobics

**Health & Wellbeing**

**Chair Yoga**

A gentle form of yoga where you perform poses either sitting on a chair or using the chair for support. You'll stretch your arms, legs, and spine through slow, mindful movements, which helps improve flexibility and balance. It's ideal for people with mobility issues or anyone who has trouble getting up and down from the floor.

**Dru Yoga**

A slow-paced yoga class focused on fluid movements, breathing exercises, and visualization techniques. You’ll flow through poses such as gentle twists, bends, and stretches, coordinated with deep breathing, designed to calm the mind while loosening tight muscles and improving flexibility.

**Evolve Qi Gong**

This class introduces the ancient practice of Qi Gong, which combines slow, deliberate movements with controlled breathing. You’ll learn to flow through gentle exercises like arm raises, twists, and shifting weight between your feet, aimed at improving balance, reducing stress, and increasing overall energy levels.

**Vinyasa Flow (Yoga)**

A more active style of yoga where each movement is matched with your breath. You'll move continuously from one pose to the next—such as lunges, forward folds, and planks—creating a smooth, flowing sequence. This class helps improve strength, flexibility, and balance while promoting mental focus.

**Yin Yoga**

In this class, you’ll hold passive stretches for longer periods (up to several minutes), targeting deep connective tissues like ligaments and tendons. You’ll spend time in poses such as seated forward bends or hip openers, focusing on relaxing your muscles to increase flexibility and release tension.

Pilates

This mat-based class focuses on strengthening your core muscles, including your abdomen, lower back, and hips. You’ll do controlled exercises like leg lifts, planks, and bridging, which help improve posture, balance, and overall body strength. Pilates is low-impact but requires focus and precision.

**Yoga**

A traditional yoga class where you’ll practice a range of standing, seated, and lying-down postures. You’ll focus on stretching and strengthening different areas of the body while following breathing exercises to promote relaxation and mental clarity. Suitable for all experience levels.

**Cardio**

**Aerobics**

A high-energy workout combining aerobic movements like marching, jumping jacks, and side steps with light strength exercises such as lunges and squats. You’ll move through continuous sequences aimed at improving your cardiovascular fitness while building muscle endurance.

**Express Cycling**

A 30-minute indoor cycling session designed to be fast-paced and challenging. You’ll pedal through varying levels of intensity, including hill climbs, sprints, and intervals, all while following the instructor’s cues. It’s a short but intense workout that focuses on increasing heart rate and building lower body strength.

**Studio Cycling**

In this class, you’ll ride an indoor bike while following the instructor through a simulated outdoor route. You’ll adjust your bike’s resistance to mimic uphill climbs and fast sprints, all set to motivating music. The class is designed to improve cardiovascular endurance and leg strength while providing a full-body aerobic workout.

**Step**

This high-intensity class uses a raised platform (step) where you’ll follow choreographed routines that involve stepping up, down, and around the platform. The workout focuses on both cardio and lower body strength, with moves like step-ups, lunges, and side taps to increase your heart rate and tone muscles.

**Cycle and Circuits**

A combination class that alternates between indoor cycling for cardio and strength exercises using weights or bodyweight. You’ll spend part of the class on the bike doing intense cycling drills and part of the class on the floor, performing exercises like squats, push-ups, and kettlebell swings.

**Strength and Conditioning**

**Bar & Bells**

A strength training class that combines exercises using barbells (weighted bars) and kettlebells (weighted bells with handles). You’ll do a range of exercises such as squats, deadlifts, and presses to target different muscle groups and build overall body strength.

**Circuits**

This class involves rotating through different exercise stations that focus on different muscle groups. Each station might include bodyweight exercises like push-ups, strength moves with weights, or cardio bursts like jumping rope. The goal is to challenge your strength and endurance while keeping your heart rate up.

**Core**

A focused workout targeting the muscles of the abdomen, lower back, and hips. You’ll do a range of exercises like planks, leg lifts, and crunches, all aimed at building a strong core, which is essential for good posture, balance, and overall body strength.

**Evolve Circuit Series**

A structured workout where you’ll move through different stations that combine strength and cardio exercises. You’ll perform exercises like weightlifting, plyometrics (jumping movements), and core exercises to improve overall fitness, strength, and endurance.

**Legs, Bums & Tums**

A workout that targets the lower body and core. You’ll do exercises such as squats, lunges, and crunches to tone and strengthen your thighs, glutes, and abdominals. This class is focused on building muscle definition and improving core strength.

**Evolve Stretch & Core**

A class that combines stretching exercises with core-focused movements. You’ll work on improving flexibility through stretches that target major muscle groups, while also strengthening your core with exercises like planks, crunches, and leg raises.

**FormFirst Muscle & Methodology**

A strength-training class focused on improving your weightlifting technique. You’ll learn proper lifting form for exercises like squats, deadlifts, and bench presses, all while progressively increasing the weight you lift to build muscle.

**F30**

A quick, 30-minute functional fitness class designed to improve everyday movement. You’ll do exercises like lunges, squats, and push-ups, focusing on building strength, balance, and mobility. This is an efficient workout that covers a lot in a short time.

**F60**

A 60-minute class divided into three sections: 20 minutes of strength exercises, 20 minutes of cardio, and 20 minutes of core and stretching. You’ll move through weightlifting, bodyweight exercises, and cardio drills, finishing with core work and flexibility stretches to ensure a full-body workout.

**Junior Gym**

A supervised gym session for younger participants (typically aged 11-13), where they’ll learn how to use gym equipment safely and effectively. They’ll be guided through exercises like treadmill walking, light weightlifting, and bodyweight exercises to help build a solid fitness routine.