

Industry Fitness Perth - Class Descriptions

Boot Camp- This class is designed to build strength and improve your fitness through a variety of intense group intervals over the period of 60 minutes (includes use of step, weights, balls, and bands)

- **Difficulty -**  = **Advanced**

Cycle Fit- Indoor cycles will be lead through a physically challenging tour backed by a great sound system sure to get those legs pumping and heart rate spiked . Come ready to SWEAT!!

- **Difficulty-** 

Get Pumped- This class is known for toning the whole body through a variety of cardio intense exercises, and with equipment. You are sure to use all major muscle groups.

- **Difficulty -**  = **Intermediate**

Stations- This Circuit class involves a number of stations where different exercises are performed. You will use a variety of weights, mats, balls and bars. This class will ensure a full body workout that will get your heart pumping, making you sweat!

- **Difficulty -** 

Spring Pilates- This class uses individual spring pilates machines focusing on core strengthening and flexibility for longer leaner muscles.

- **Difficulty -** 

Hatha Yoga- This class focuses on body postures, breathing techniques, meditation and provides stress relief, body awareness, increased strength and flexibility.

- **Difficulty-** 

Cardio Fusion/ Cardio Dance - Party hard and sweat your heart out to a great beat! Choreography designed to make you shake your hips and get fit.

- **Difficulty -**  = **Beginner**

Fitness On The Ball- Strength movements increasing your balance using a stability ball. This class will strengthen your core as well as your body.

- **Difficulty-** 

Weights & Core- Fundamental movements to improve form, technique and increase overall strength throughout the entire body. Dumbbells, bars, balls and bands will be used throughout the class.

- **Difficulty-** 

Yoga Plus- Yoga using balls, weights and bands to achieve a higher intensity stretch and core strength.

- **Difficulty -** 

Yogalaties- A fusion of yoga poses and pilates to increase stability as well as strengthen lean muscles. This class uses balls, weights and bands.

- **Difficulty-** 

Pilates Sculpt - Emphasis on challenging the core muscles with each movement. This class will work to balance all muscle groups' strength and flexibility. Pilates is a challenging yet safe method to sculpt your body.

- **Difficulty -** 

Gentle Fit- A 45 minute total body workout that suits those just beginning ! This class is also ideal for those requiring modifications due to injuries or health concerns.

- **Difficulty-**  =Entry

Stretch & Relax- Focusing on opening the hips and shoulders while releasing tightness in the hamstrings. Develop more body awareness along with a deeper relaxation by the end of the class.

- **Difficulty-**  

Gentle Yoga- A slower, less intense class crafted more towards beginners or those looking for something more relaxing. Classes are geared to the participants with modifications provided to help the class flow as one.

- **Difficulty-** 

Easy Going- This Heart Wise Certified class is ideal for those recovering from an injury or illness. Low impact exercises performed seated in a chair or with the support of the chair when standing.

- **Difficulty-**  