

Devon Tower

Group Fitness Class Descriptions

CORE EXPRESS

The goal of this class is to build a solid foundation to transfer energy from the centre of the body out to the limbs. Strengthening the Core reduces back pain, enhances athletic performance and strength, and improves posture.

****Express classes are 30 minutes**

POWER CYCLE EXPRESS

Put your head down and ride! Motivating music & a little voice in your ear telling you to go, go, go. 30 minutes of steady, high intensity cardio. If you like to cycle, this class is for you - bring your water bottle and a towel.



BARRE EXPRESS

Sculpt and tone your legs and glutes, improving your posture, using ballet inspired movements. This fun, low impact class is suitable for all fitness levels. No dance background required!

TOTAL BODY BLITZ

This class is designed for fitness enthusiasts of all levels. Activities include circuit training, body weight exercises as well as plyometric and Tabata training. With functional strength and fitness at the core of this class, get ready to train all muscles of the body, including the heart!

YOGA

This mind body practice combines physical postures to build strength and increase flexibility, with breathing techniques to promote relaxation.

****Yoga mat required.**