

# BLAF GROUP FITNESS

## Class Descriptions

### **METCON**

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

**Centres:** APARC, BSC, HALC, KRC

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### **AQUA AEROBICS**

A whole body gentle conditioning workout to improve overall strength, particularly the core muscles. Aqua Aerobics 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, KRC

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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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### **BODY ART**

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

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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:** APARC, HALC, KRC

## **BODYBALANCE**

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

**Centres:** APARC, BSC, HALC, KRC

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## **BODY COMBAT**

Empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.

**Centres:** APARC

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## **BODY STEP / 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, BSC, KRC

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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, KRC

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## **BOXING**

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, KRC

## **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, HALC

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## **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.

**Centres:** BSC

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## **CX WORK**

This 30-minute low impact, low cardio workout is the ultimate way to get a tight and toned core.

CX Work hones in on your abs, glutes, back, obliques and sling muscles connecting the upper and lower body.

**Centres:** APARC, BSC, HALC, KRC

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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, HALC, KRC

## **DANCE FOR NEUROBALANCE**

A therapeutic 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 taught by a specialized instructor.

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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

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## **EASY MOVERS**

Easy Movers is a simple exercise class to music and is a regular class held at Ashburton Pool and Recreation Centre each week.

**Centres:** APARC

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## **FITNESS WALK & STRETCH**

The Walking Group meets in the café every Tuesday & Friday to go for a walk in the local Balwyn North Area. On Fridays, the group comes back to BSC for a stretch.

**Centres:** BSC

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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:** BSC

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## **FUNCTIONAL CIRCUIT YOUTH**

Low intensity playful circuits that integrate aerobic fitness with muscular endurance and flexibility activities.

**Centres:** APARC

## **GENTLE INTRODUCTION TO STRENGTH TRAINING / 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:** APARC, HALC

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## **GRIT**

An intense 30-minute team training session that will blast all major muscle groups and take your training to the next level.

The short sharp demanding exercises combine weightlifting, running and plyometrics for a full body workout that increases aerobic capacity, strength, muscular endurance, metabolism and power.

**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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## **IQ F.I.T.**

Improve strength and endurance in this complete body workout with a combination of resistance strength training followed by an intense cardio workout

**Centres:** KRC

## **IQ METCON**

A metabolic conditioning workout involving functional strength exercises, followed by a fast paced high intensity circuit that will challenge your cardiovascular capacity.

**Centres:** KRC

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## **IQ CARDIO**

Total body conditioning - using a variety of workouts such a tabata and repetitions that will increase endurance, strength and plyometric movements.

**Centres:** KRC

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## **IQ BOXFIT**

A high intensity boxing circuit encompassing technical aspects of boxing with core strengthening exercises.

High cardio output and overall body conditioning.

**Centres:** KRC

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## **IQ STRENGTH**

A demanding workout using the kettlebell in a variety of dynamic movements to build strength and stamina, improve flexibility and joint strength.

**Centres:** KRC

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## **IQ ATHLETIC**

A unique and non-stop workout utilizing all three energy systems with a combination of cardio endurance, stamina and power movements.

**Centres:** KRC

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## **IQ SUSPENSION**

Challenging strength and stability exercises combined with functional conditioning to improve all aspects of fitness including power, strength, balance and mobility

**Centres:** KRC

## **KETTLEBELL**

A demanding whole body workout using the kettlebell in a variety of dynamic movements to build strength, stamina and improve flexibility and joint strength. This is a beginner level class for seniors who want to maintain and improve their independence and daily activities. The class has a strong balance component and is welcoming and friendly. All classes are open to restricted members.

**Centres:** 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, KRC

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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

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## **PRYME CYCLE**

A cycle class designed specifically for older adults (50yrs+) where everyone can work at their own pace.

**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**

These classes involve 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:** HALC



## **PILATES**

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

**Centres:** APARC, BSC, HALC, KRC

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## **POWER AQUA**

The next step up from Aquacise and Aqua Aerobics - featuring impact free exercises designed to improve balance, agility, posture, flexibility and core strength. Aqua is an impact free class designed to improve balance, agility, posture, flexibility and core strength.

**Centres:** APARC, KRC

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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, KRC

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## **PZ LADIES**

Exclusive to ladies, PZ Ladies combines 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:** 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



## **SUPER SENIORS / ACTIVE MOVERS / PRYME**

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, BSC, HALC, KRC

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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, KRC

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## **TOTAL TONE**

Total Tone class is a full body conditioning and strengthening workout, improving functional strength, flexibility and co-ordination.

**Centres:** KRC

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## **QIGONG (Tai Chi)**

QiGong, also known as “chi kung”, is the ancient Chinese art of cultivating energy for good health. QiGong exercises are gentle, strengthening, easy to follow and beautiful to perform and watch. A typical QiGong class will involve slowing down for some quiet breathing exercises, some more vigorous limbering exercises and a selection of QiGong forms, which are typically made up of moves that are repeated several times in time with the breath. Qigong is safe and beneficial for most people and all moves can be modified to accommodate troublesome joints. Students will leave the class feeling relaxed, energised, calm and focused.

**Centres:** BSC, KRC

## **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 & mind.

**Centres:** BSC

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## **YOGA (Hatha)**

Hatha Yoga focuses on improving mobility, breathing, balance and building up strength by incorporating postures that allow you to stretch and fully use your own body weight to build up stamina in the muscles through extended holds in each position. The practice is paired up with a breathing and concentration exercise, leading into relaxation of the mind and body to complete the class. Each yoga pose can be modified for beginners and those who are advanced in their practice.

**Centres:** APARC, BSC, HALC

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## **YOGA (Iyengar)**

Iyengar yoga (developed in India) 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. In Iyengar the range of different poses and specific sequences are used for different purposes, with the teacher monitoring students and also making adjustments.

**Centres:** BSC, KRC

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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

## **YOGA (Empowerment)**

This yoga class will fire up your core strength as you practice proper posture. Set to an energizing playlist, you'll feel empowered and ready for whatever life throws at you.

**Centres:** APARC

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## **YOGA (Vinyasa)**

Hot 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, BSC, HALC, KRC

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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, HALC