

All cycle classes, TRX and Antigravity Fitness classes require pre-booking through our app.

Altea Cycle Bolt: This speed & power ride complements both the outdoor riding experience and indoor ride where you build power and push the RPM's! Set goals and push yourself outside of your comfort zone! **E/I**

Altea Cycle Altitude: This indoor cycling class will challenge all levels of riders! Prepare to climb to high elevations and achieve new heights every class! **E/I**

Altea Cycle Tempo: Get the party started! In a club atmosphere with your bike as your dance partner, bust out rhythms and beat-driven moves with this fast paced pedaling, high energy class! (Use of light hand weights, tap backs, and presses may be used). **E/I**

Stages Bolt: This speed & power ride complements both the outdoor riding experience and indoor ride where you build power and push the RPM's! Stages Flight is a dynamic multimedia fitness experience that enables indoor cyclists to set goals and track performance. Push yourself outside of your comfort zone! **E/I**

Stages Altitude: This indoor cycling class will challenge all levels of riders! Stages Flight is a dynamic multimedia fitness experience that enables indoor cyclists to set goals and track performance. Prepare to climb to high elevations and achieve new heights every class! **E/I**

Stages Tempo: Get the party started! In a club atmosphere with your bike as your dance partner, bust out rhythms and beat-driven moves with this fast paced pedaling, high energy class! Stages Flight is a dynamic multimedia fitness experience that enables indoor cyclists to set goals and track performance. (Use of light hand weights, tap backs, and presses may be used). **E/I**

Altea 20-20-20: Three workouts in one! This class is designed to give you the ultimate challenge and full body workout. Sweat through 20 minutes of cardio, 20 minutes of strength training and 20 minutes of core work and stretching. Instructors choice, each class will be a completely different experience! **E/I**

Altea Barbell: A barbell workout for anyone looking to get lean, toned and fit! Using light to moderate weights with lots of repetition, barbell gives you a total body weight workout. Instructors will show modifications to meet your fitness level while motivating you with great music and encouragement! **E/I**

Altea Barre: Sculpt and strengthen your body in this challenging high repetition class which blends Ballet, Yoga and Pilates style exercises. It also combines total body muscular conditioning with emphasis on the lower body. Weights, balls and an exercise band may be used as props in this class. Join in on this high intensity and low impact class, choreographed to fun and motivating music! **E/I**

Altea Bootcamp: This class will challenge your entire body with a mix of upper body, lower body, core, and cardio

exercises. You will get a variety of training techniques each week using different types of equipment. No chance to get bored! Take your training to the next level. **E/I**

Altea Circuit: This class focuses on body conditioning, endurance training, and resistance using high-intensity aerobics. **E/I**

Altea Core Blaster: This short yet challenging workout targets your abs and back. A strong core can help with balance, posture and overall strength. **E/I**

Altea Drums: Altea Drums is a cardio/core jam session combining great music, heart pounding cardio segments with simulated drumming on a ball! Come drum your way to a leaner physique, all while releasing stress and rocking out to your favourite music! **E/I**

Altea HIIT: High Intensity Interval Training. This class will challenge your entire body with a mix of upper body, lower body, core, and cardio exercises. You will get a variety of training techniques each week using different types of equipment. **E/I**

Anti Gravity Fitness: Anti Gravity Fitness combines traditional yoga principles with elements from aerial acrobatics, dance, Pilates and calisthenics. This class helps members realign their body and spirit to achieve physical and mental decompression. (member sign up required, spots are limited.) **E/I**

Aqua Intensity: This is an Intermediate class Aqua class. Faster pace, focus is to improve cardio conditioning. A combination of both cardio and strength exercises, using a variety of equipment. (noodles and dumbbells). Focus on getting heart rate up during cardio, move quickly from one exercise to the other. **I**

Aqua Sculpt: This is a class for everyone! Designed to increase strength and overall toning through specific muscular conditioning and core exercises. A variety of equipment may be used such as dumbbells and noodles. **E**

Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. **E/I**

Ashtanga Yoga: A modern day form of Classical Indian yoga. This style is hot and energetic, synchronising breath with movements. **E/I**

Baby and Me Yoga: This class is focused on you and your little Yogi. This class offers postnatal women a chance to resume physical activity in a fun and flexible environment. Mom & baby will have a chance to bond and giggle while stretching and strengthening through gentle yoga poses. **E/I**

Body Sculpt: A full-body muscle strength and conditioning class using a variety of equipment to achieve results! **E/I**

FloatFit BALANCE: Is inspired by yoga and Pilates. Flows focus on breath and movement, encouraging participants to concentrate on holding poses while balancing on an AquaBase. **E/I**

FloatFit HIIT: Incorporates traditional HIIT-style exercises including Squats, Burpees, Sit Ups and Mountain Climbers. The focus is on timing – performing bursts of exercises at a high intensity for a short time followed by a rest or active rest. You can perform as many reps as you are comfortable with within the given time e.g. 30 seconds. All while balancing on an AquaBase. **E/I**

Gentle Pilates: The goal of this class is to strengthen the body's "powerhouse" - a term that refers to your abdominals, lower back muscles, pelvic floor, hips and glutes. This class will improve your flexibility, core strength, balance and posture! This class is perfect for those looking for a gentle option for Pilates. **E**

Gentle Yoga: A gentle yoga class for beginners. This class will introduce students to basic seated and standing postures including a balance pose and a modified flow. **E**

HIIT The Step: This class is a fusion of Step choreography, strength training, finishing with core and stretch to complete this full body workout. If you enjoy step, this class is for you! **E/I**

Hatha Yoga: Is a slower paced vinyasa-style class involving strength, flexibility and breath awareness. It incorporates seated, standing, flow and balance postures. It is suitable for beginner and intermediate participants. **E/I**

Hip Hop: A high energy street dance class designed to challenge your versatility! Dancers participate in fitness exercises, hip hop technique and choreography combinations. **E/I**

Hustle & Flow: Be prepared to work hard and sweat in this creative and vigorous Vinyasa practice. Designed to be accessible for strong beginner students with variations that will challenge even the most advanced yogis, this class will be a full-spectrum, sweaty good time. **E/I**

Kid's Yoga: This youth yoga class is designed to give kids a chance to move, build flexibility, strength, and find a sense of calm in a busy world! **E**

Pilates: The goal of this class is to strengthen the body's "powerhouse", a term that refers to your abdominals, lower back muscles, pelvic floor, hips and glutes. This class will improve your flexibility, core strength, balance and posture! Exercises can be modified for all levels of fitness. **E/I**

Power Flow: Expect a challenging, fast paced class that builds mental and physical endurance. Not ideal for beginners, this class is great for those with a basic knowledge of yoga, as we can move in and out of postures quickly. A fun and playful practice that gives you the opportunity to explore different postures and pushes you to discover strength you didn't know you had. **I/A**

Power Yoga: Is an intense workout that will make you sweat. Emphasis is on strong, powerful poses linked together by breath. Increase your flexibility and improve your posture and balance. This Power class will improve your circulation and the immune system, while strengthening your bones, muscles and joints. Intermediate to advanced class. **I/A**

Restorative Yoga: Is a practice of opening the body through long, held postures supported by props. The body moves through postures of comfort and ease to facilitate rest, relaxation and health. **E/I**

STRONG by Zumba: This class is a high intensity interval class – think burpees, push ups and other high-impact moves, all set to motivating music. **E/I**

Sculpt and Cardio: incorporates a combination of muscle conditioning exercises utilizing a variety of equipment, with intervals of high and low impact cardiovascular exercises for a fun, calorie-blasting workout! **E/I**

TRX: Is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. **E/I**

Vinyasa Flow: A dynamic and flowing practice, linking the rhythm of the breath with movement. The class will focus on breath, balancing the body and creating a deep internal heat that will energize, detoxify and uplift you. **E/I**

Yin Yoga: Is a slow, soothing, and meditative style of yoga that targets the deep connective tissues, joints, fascia and ligaments in the body through long held postures. It offers a chance to be still, present and work within while you breathe and stretch deeply. **E**

Yoga Beats: This class offers a twist by featuring all styles of music, and the energy of a full-on dance party. Be prepared to be challenged and get out of our head... lose yourself in the music, enjoy the flow, have fun and let go! **E/I**

Yoga Detox: Introspective flow that restores the mind, body, and spirit. Incorporating twists, mild inversions, and circular motions, detox yoga stimulates the digestive, immune and lymph systems, while allowing students to focus on deep, healthful breathing. **E/I**

Yoga Foundations: This beginner class introduces the fundamental principles of poses, alignment and breath work in the hot yoga studio. Emphasis is placed on safety, and stability within each pose. Gradually these poses will be linked together into a gentle flowing sequence. If you have never tried yoga, this class is for you, or for those looking to continue the understanding of basic yoga poses. **E/I**

Zumba®: Come join this fitness class that combines Latin and international music with dance moves. Zumba routines incorporate interval training – alternating fast and slow rhythms. **E/I**

Zumba Gold: This class is for 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. **E**