



Zone Fitness Group Exercise Class Descriptions

Aerobic Fitness Programmes

Zumba: - (Blue)

A class featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music. A Fun and Easy to do workout.

All level of fitness

Dance 4 Fitness - (Blue)

A class that incorporates various forms of dance moves.

All levels of fitness.

Step - (Blue)

A class that involves stepping up and down on a portable step.

Step Up is for all levels of fitness (more basic)

Step Sensation has a bit more creative moves

Step Xtreme is a higher intensity workout.

High Impact Aerobics - (Blue)

A high intensity, high impact class which often involves movements which take both of the exerciser's feet off the floor simultaneously. High impact aerobic exercises involve energetic use of large muscle groups over a short span of time, typically for the purpose of weight loss.

Advanced level of fitness



Low Impact Aerobics- (Blue)

A high intensity, low impact aerobic class, typically less hard on the body, especially on the joints. Great to get the heart pumping while reducing the risk of injury. One foot always remains on the floor.

All levels of fitness.

Indoor Cycling - (Blue)

Is an instructor lead class on a stationary bicycle, incorporates elements such as endurance, strength and interval training. Prepare to drip and sweat whilst having a lot of fun. This class gets your blood pumping, improves your aerobic fitness and boosts muscle endurance.

All levels of fitness.

Cardio Insanity - (Blue)

Is the pinnacle of Cardio training based on the principle of MAX Interval training. Pushes the participants to new training heights, resulting in more calories burned, faster results and more efficient metabolism.

Advanced level of fitness



Aerobic & Body Conditioning Fitness Programmes

Step and Weight (Step and Sculpt) - (Green)

This is a full body conditioning class by using a step and all equipment used as per the "Shoeshift." description . Focusing on strength, endurance and cardiovascular fitness.

All levels of fitness.

Bootcamp - (Green)

A Basic Training class. The program is designed to build strength and fitness through a variety of intense group exercises This class can also be done outside.

All levels of fitness.

Fight Night - (Green)

Classes involve mainly boxing combinations, cardio drills, and specific boxing exercises. This workout includes using upper and lower body and is great for anyone wanting to increase their cardiovascular fitness and lose those unwanted kilos.

All levels of fitness.

Cycle and RIP - (Green)

Is a combination of Indoor Cycling and Functional training to create an intense and extremely fun class that promotes full body fitness, strength and conditioning .

All levels of fitness.

CoreBurn - (Green)

Is a 30 minute High Intensity Interval Workout. This class, using body weight and selected equipment, incorporates intense bursts of exercises, followed by short , sometimes active

All levels of fitness.



Box 4 Fitness - (Green)

A 30 - 45 minute high intensity interval training (HIIT) class. Classes are programmed to work in groups, partners and/or individually and consists of boxing related techniques/workouts. These will include skipping, boxing (bag work), shadow boxing and functional training. All these exercises are aimed at improving cardiovascular fitness as well as strength and endurance.

All levels of fitness.

Super Circuit - (Green)

Is a 45 minute , high Intensity Interval session. This is a FULL intense body workout under supervision of the Fitness Instructor, designed to improve your strength and cardiovascular fitness through a variety of exercises using resistance, weight loaded machines.

Advanced level of fitness

Body Conditioning Fitness Programmes

Pilates (Purple)

Improves flexibility , builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

All levels of fitness.

Shoreshift - (Purple)

A full body conditioning class , focus equally on strength and muscle endurance. This involves floor work on exercise mats and use of weight bars (Barfit) exercise bands, dumbbells, or combination of this equipment.

All levels of fitness.



Tone the Zone - (Purple)

This is where we focus on toning SPECIFIC areas of the body, eg. legs, tums and bums.

All levels of fitness.

Triple X - (Purple)

Is a 30 minute superset resistance training program. Hardcore workout concentrating on specific areas, Lower Zone, Core Zone, Upper Zone, Total Zone and Super Zone.

All levels of fitness.

HIIT Circuit - (Green)

Is a 45 minute , high intensity interval training program.. This is a FULL intense body workout under supervision of the Fitness Instructor, designed to improve your strength through a variety of resistance exercises using resistance, weight loaded machines.

All levels of fitness.

Mind & Body Fitness Programmes

Yoga - (Yellow)

Mindfulness and deep breathing are key features in a yoga practice. Although there are many different types of yoga, holding various poses and flowing through different series of movements is standard in most classes. Yoga can be seen as a form of mind-body fitness. It combines physical activity and mindful focus. This brings increased awareness to the breath and energy.

In a yoga class, you will work out every muscle in your body equally, it further improves the flexibility of the body and will also gradually increase the flexibility of your joints.



Other Fitness Programmes

The Breakfast Club: (Square/Fish Hoek only) - (Blue)

A fun, not too energetic workout for the young at heart getting a full cardio and body conditioning workout. All fitness levels welcome.

B.B.B.: (Square only) - (Yellow)

This is a Body Balance ball class. All fitness levels welcome.