

Class Descriptions

PILATES

PILATES MAT: A Pilates workout on a mat to improve your posture, core stability, strength and flexibility. Instructors may use a variety of props to challenge stability, strength and balance. *Suitability:* All levels.

GRC [GROUP REFORMER CLASS]: Pilates machine-based workout, focusing on posture, alignment, core stability and all over body strength. The machines give you the chance to build up intensity at your own pace. *Suitability:* All Levels

INTERMEDIATE / ADVANCED GRC: Take your Pilates to a new level! *Suitability:* By invitation only to ensure safety of all participants.

YOGA

HATHA: The foundation of all yoga styles. Relax your mind and stretch that body! *Suitability:* All Levels

IYENGAR: Iyengar yoga is a precision orientated form of yoga with an emphasis on alignment and props to assist with the yoga poses. *Suitability:* All Levels

ASHTANGA: A flowing and dynamic style of yoga, based upon specific sequences which encourage strength, proper breathing and posture. *Suitability:* Intermediate – Advanced. Minimum 12 months experience and with instructor's recommendation

YOGA WALL: Yoga based around using the Yoga Wall system, which includes straps, slings and other components to help you modify a pose or increase the challenge. An amazing tool to enhance your yoga practice. *Suitability:* All levels

GROUP EXERCISE

RFK (REAL FITNESS KICKBOXING): RFK is a body blasting, calorie burning workout with punches, strikes and kicks on a stand up punching bag. Great stress release, serious fun and taught by experts. *Suitability:* All levels

SPIN: A fantastic freestyle workout on a stationary cycle. Spin places demands on your cardiovascular system and increases lower body endurance. Your instructor will provide ever changing scenery and challenges, whilst you break a serious sweat! *Suitability:* All levels

LO MOVES (BEGINNER AEROBICS): A fun, easy paced introduction to aerobics to develop your skill and fitness level. *Suitability:* All levels

RISE UP: A high intensity, heart pumping, choreographed step workout. *Suitability:* Intermediate to Advanced

POWER: A weights [barbell] and band resistance class that will increase your strength and endurance for all major muscle groups. Pump it up! *Suitability:* All levels

DANCE FUSION: Feel the rhythm of life in a vibrant and fun dance oriented workout that fuses a variety of dance styles including Hip Hop, Club, Jazz and Latin movements together with easy to follow aerobic patterns. *Suitability:* All levels.



Class Descriptions

AQUA

AQUA: A gentle workout in the swimming pool. No impact exercise class, ideal for rehabilitation and throughout pregnancy. *Suitability:* All levels

SWIM SCHOOL*

ADULT STROKE CORRECTION SQUAD

60 minutes (limited class size)

Sessions focus on technique to improve efficiency, perfect form, and ultimately increase speed. Develop style and technique to achieve better training results as well as gaining more confidence with your water skills.

PRIVATE SESSIONS

30 minutes (1-on-1 or 1-on-2)

Qualified coaches are available for private sessions to ensure a dedicated focus on each client's requirements regardless of one's skill level.

ADULT FITNESS SQUAD

60 minutes (limited class size)

A swim program for the more confident and/or experienced swimmer wanting to achieve a higher level of swim fitness. Adult fitness squads are also ideal for ocean water swimming and triathlon training.

CHILDRENS LEARN TO SWIM (LTS)

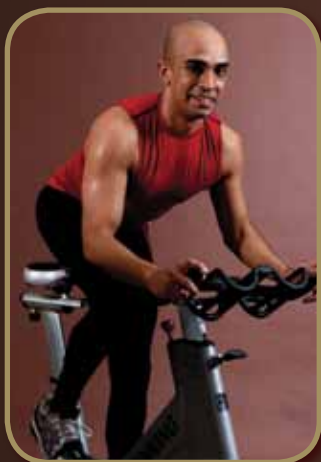
30 minutes

(limited class size – minimum age 8 months)

Bookings are for 1 full term. A fun filled introduction to water for babies, toddlers and school age children.

MEDITATION

BREATH MEDITATION: Learn how to use your breath to focus and achieve a still and calm mind. *Suitability:* All levels. It is a class pre-requisite to attend the Beginners Introductory Course on Meditation.



An "Authorisation form to Exercise during Pregnancy at Elixr Health Clubs" must be completed by your Doctor prior to commencing exercise at Elixr. *Additional to Membership Fees. Contact your club for more information and bookings.

Pilates • Yoga • Fitness • Aqua

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Sofitel Wentworth
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Bondi Junction
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