

# GROUP EXERCISE CLASSES

## Strengthen Lengthen

- Resistance & flexibility
- Mat/reformer Pilates
- Cable weights, kettle bells & dumbbells

## Femme Fit For Ladies

- Stretch & stability
- Circuit based
- May include mat work, reformer, theraband, free weights, cardio

## Hard Yardz

- Cardio & high intensity interval training
- Body resistance
- Blocks/steps
- Therabands, kettle bells, dumbbells, power bags

## Breaking Braun For Men

- Strength class - lifting & load
- Cable exercises
- Body weights & dumbbells
- Complex functional movements

**DESIGNED BY US.  
TAILORED TO YOU.**

**Gold Coast:** Sorrento | Mermaid | Tugun  
**Brisbane/Logan:** Beenleigh | Taringa | Banyo

**An initial assessment is required**