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CARDIOVASCULAR CIRCUIT
GROUP TRAINING

By having the advantage of a large facility with a range of new equipment, this workout is higher in intensity and uses only body weight friendly exercises and speed based cardiovascular training. The circuit will keep your heart rate at its optimal level for both increasing cardiovascular fitness and metabolic health.

Designed to benchmark you against yourself, this circuit will push both your mental and physical capacity, all the while maintaining its variety and smashing out improvements every week.

UNLIMITED GROUPS

Choose from multiple different group classes every week

\$70 p/w