

GLEN EIRA LEISURE GROUP FITNESS CLASS DESCRIPTIONS

ACTIVATE CLASSES

We run a variety of land based and aquatic based programs for older adults. These classes are designed improve your fitness, strength, mobility, balance.

Aqua Fitness

A fun, energetic cardio workout in the indoor 25 metre pool.

Activate Strength

Designed to help improve functional movement, strength, balance, co-ordination and bone density in older adults.

Tai Chi

Tai Chi is a moving meditation in the form of a series of gentle exercises that create harmony between the mind and body. Promotes mental awareness, improves balance, control and wellbeing.

Zumba Gold

Zumba Gold will get you moving, improve your fitness and leave you feeling energised. This class is for active adults who are looking for a modified Zumba class that recreates the original moves you love, but at a lower intensity.

ACTIVATE LITE

Activate Lite classes are designed for older adults who are either wanting to start exercise for the first time, returning to exercise or wanting to maintain or increase their activity level.

Activate Lite - Strength

These classes include a light cardio warmer up and are designed to improve strength through light weight resistance training, improve balance, and help prevent bone fractures from osteoporosis.

Activate Lite - Fit Active

These classes include a light cardio warmer up to music, light jogging or walking, and floor-based exercises designed to improve strength with the help light resistance, flexibility, balance and improve relaxation all to music.

ANY QUESTIONS?
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