

CLASS DESCRIPTIONS



GROUP FITNESS CLASS DESCRIPTIONS

SPIN

Tackle the terrain head on as you navigate your way through mountain peaks, sprint efforts, flats and intervals. Arguably the most popular class at One Lifestyle, here you can dig deep and discover your inner athlete alongside your trusted and enthusiastic instructor. (30-45 minutes)

MAT PILATES AND STRETCH

Stretch with strength and control to improve your muscular balance, coordination and posture. Enhance your ability to connect to your 'powerhouse' and the renewed vitality that accompanies it. Gentle stretching practiced throughout. (30-45 minutes)

ABS AND FLEX

Engage and challenge your full core in a fun and functional manner. (30 minutes)

AQUA FIT

A fun and challenging water-based workout that is suitable to participants of all ages. Guaranteed to improve your coordination while reducing stress on the joints and muscles. (45 minutes)

HIIT

High Intensity Interval Training alternates short periods of intense exercise with recovery periods. This class utilises a variety of our functional equipment to optimise your training time. (30 minutes)

HIIT STRENGTH

Following the traditional HIIT format, this 60-minute class still focuses on alternating periods of work and rest, with a balance of weight and cardiovascular training. (60 minutes)

BOXFIT

A fun class for all levels, combining bag and pad work to not only increase your skills and coordination, but also provide a brilliant cardiovascular workout. (30 minutes)

SANTOSHA STUDIO CLASS DESCRIPTIONS

BEGINNERS BLEND

This class will blend gentle poses with pranayama (yogic breathing) simple meditation and philosophy to introduce or broaden your understanding of how yoga works and can work for you. Suitable for all levels, absolutely everyone is welcome. (60 minutes)

DYNAMIC YOGA

Suitable for most, participants can expect a class focusing on breath, movement connection and flow. Sessions may vary in pace and intensity based on the students in any given class. Modifications are offered to ensure participants practice safely and work within their body's strengths/limitations. (60 minutes)

ASHTANGA MODIFIED PRIMARY SERIES

A shortened version, suitable for most people. Participants can expect an intentionally set sequence and the practice highlights the importance of breath and movement connection. Participants will learn how to modify (to intensify or soften poses) and will be encouraged to turn inward and become familiar with their practice. (60 minutes)

MEDITATION

Offers participants the opportunity to take some time out of their busy schedules to calm the mind and release tension from the body. (45 minutes)

HATHA

Great for beginners and more experienced yoga lovers alike. This class moves more slowly without the pacey flow of the dynamic classes (60 minutes)

YIN

A yin class targets connective tissue, (fascia, ligaments, tendons, joints) and we hold the poses for longer periods of time (2 – 8 minutes). A range of props are used to support the body to surrender fully. While it looks like a gentle practice it can be intense however, there is plenty of time in yin to find your pose and to get assistance from the teacher to manage your individual needs. (80 minutes)

ROCKET

A dynamic practice giving you the opportunity to turn up the heat! Rocket is a blend of primary second and third series Ashtanga. We take a playful attitude onto the mat to explore the poses and our own real or self-imposed limits. (60 minutes)

RISE & SHINE

A flowing Vinyasa class that focuses on linking breath and movement together to wake you up and ready for the day, in a relaxed but energised frame of mind. This class is suitable for all levels. (75 minutes)

TAI CHI

The most widely practiced martial art in the world. Famous for its ability to enhance health and relaxation. The slow, circular movements of Tai Ji strengthen all parts of the body and improve flexibility, coordination and balance. Classes incorporate foundation training to strengthen the body, qigong exercises to calm the mind and develop the breath, and Taiji movements to improve balance and posture. Classes are suitable for all skill levels. (60 minutes)

WEEKEND WIND DOWN

An all levels class for people wanting to unwind. A combination of Vinyasa (linking breath and movement) with Yin (longer holds), to create a different focus for practice each week. Let the darkened, cosy room and chilled music, relax and recharge you, leaving you ready to start the new week. (60 minutes)

