

WORLD- CLASS CONTENT



**CARDIO
CONDITIONING
MIND & BODY
CYCLE**



DAILY BURN • FIT FUSION
GAIAM • SLEEK TECHNIQUE • SH1FT
MOVE 123 • BOXX METHOD • CATHE
MY YOGA WORKS • ZUMBA
PILOXING • POWER MUSIC • INSTAFIT
LES MILLS



VIRTUAL CLASSES



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WEXER VIRTUAL ON-DEMAND PLAYER

The Wexer Virtual on-demand player has hundreds of group exercises classes available, whether you are looking for an intense workout or want to try something new.

GROUP FITNESS

Some virtual classes will be added to the group exercise timetable so you can plan them into your day.

ON-DEMAND

If the studio is empty then you can select any class and play on-demand, allowing you total flexibility.

NEW RELEASES

The newest releases are shown on the home screen, so you can tap into new workouts quickly and easily.

CHOOSE YOUR CLASS TYPE

CONDITIONING & CARDIO

Cardio classes focus on building cardiovascular fitness, while the Conditioning classes develop muscle tone and definition.

MIND & BODY

Our Mind & Body classes range from stretching to core strength and meditation. All classes are designed for members to channel their energy through mindfulness.



CHOOSE A LEVEL & DURATION

Filter by level and duration. Classes range from 15 minutes - 75 minutes, suitable for beginners through to advanced.

WORK OUT!



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