

# Types of Group Exercise Activities

There are many different types of group fitness and exercise classes in Canterbury. Some of the various types of classes available that you may like to try are listed below.

You can also find out more about classes in your area, by:

- contacting your local recreation centre or gym;
- [using the Activity Search on the Active Canterbury website](#); or
- searching for local classes in your area on the internet.

## Aquacise (and variations)

These classes use the resistance of water to build fitness. They have lots of intensity options so can cater for beginners, seniors, pregnant mums and those recovering from injury, to anyone looking for a more intensive workout. Select a beginner class when starting out.



## Bootcamp

A boot camp workout is a type of interval training – with bursts of intense activity between periods of lighter activity. They generally include a fairly intense mix of strength training and aerobic elements. You can expect to do pull-ups, push-ups, lunges and crunches, as well as drills and sprints.

## BoxFit

This type of class is based on a boxer's workout. These sessions often include learning to skip like a professional, partner work with gloves and pads, and many exercises that boxers use to get ring ready.

## Catchball

Catchball is a lot like volleyball – but you must fully catch the ball instead of bumping and spiking the ball in the air. It doesn't require a ton of skill to get started so is suitable for women from 18 to 60+ years with a reasonable fitness level, a decent pair of gym shoes and a willingness to learn.

## Circuits

Circuit training typically comprises 6 to 10 strength exercises that are completed one after another. Each exercise is performed for a specified number of repetitions or for a set time before moving on to the next exercise. These classes can cater for a variety of fitness levels.

## **FUNky Movements**

This is a mixed ability low intensity class that provides a fun workout for people with various disabilities. No two classes are the same and support people are welcome to come along. These classes are offered by the Christchurch City Council.

### **Gentle Exercise (including seated)**

Gentle exercise classes are typically most suited to older adults and absolute beginners who want to take it slowly, but have fun and enjoy the benefits of exercise in a social environment.

Seated classes are designed for the older adult or those with limited mobility. Appropriate exercises using chairs and floor space are used to help retain mobility, increase muscle and bone strength, increase general fitness and a sense of wellbeing.



### **Pilates**

Pilates is a form of exercise emphasising the balanced development of the body through core strength, flexibility, and awareness to support efficient, graceful movement. The Pilates method works well for a wide range of people and beginner classes are available.

### **PT in the Park**

These classes are typically free and are run outdoors in a local park. They involve a variety of aerobic activities and usually cater to all fitness levels and ages.

### **Pump**

Pump classes were introduced many years ago and continue to be run due to their effectiveness and popularity. It is often a high-intensity powerful full body workout that uses barbells and weight plates.

### **Spin Classes (on stationary bikes)**

These classes are aimed at those who are either new to spin or have never tried spin before. The instructor focuses on the different aspects of a spin class including bike set up, technique, use of resistance, riding positions and intensity. You can move to a more advanced class as your confidence and fitness levels increase.

### **Step (Basic)**

Classes for beginners help you learn the basic techniques and moves involved in a step class. The focus is on gaining confidence on the step platform while getting a good cardio workout.

## Stretch and Release

These classes are feature Eastern forms of exercise (such as Yoga and Pilates) focusing on both mind and body. Sessions involve a warm up and heating section, strengthening exercises and finish with relaxation. This could be a good option if you experience low energy, stress, muscular tension, or just want to improve your flexibility.

## Tai Chi

Tai Chi is a type of martial art very well known for its defence techniques and health benefits. It has evolved over the years into an effective means of alleviating stress and anxiety. It has been considered to be a form of 'meditation in motion' which promotes serenity and inner peace.



## Walking Basketball

This is a modified version of basketball that is suitable for those with disabilities and seniors. The sessions are relaxed and social so are about enjoyment rather than competition.

## Walking Netball

This is a great low-impact sport for a wide range of abilities. There is no running or jumping involved and is suitable for those who enjoy netball or would like to learn how to play.

## Yoga

Yoga is a Hindu spiritual and ascetic discipline that is widely practised for health and relaxation. Sessions involve breath control, simple meditation, and specific bodily postures or positions.

## Zumba

This is an aerobic fitness programme featuring movements inspired by various styles of Latin American dance and often to Latin American dance music. There are many different types of classes – Zumba Gold is a good starting option as it is designed for active older adults and fitness beginners.