



Personal Training

Offering 8 week programs which focus on; structure, results, variety, motivation, progression and above all else a Personal Trainer is a training partner whose goal is to help you achieve your best results.



SCU Swim Squad

Fine-tune your technique and breathing while increasing your fitness. Learn to reduce drag and increase balance in the water and becoming aware of your posture. All Pool Deck staff are Life Guard qualified.



Group Exercise Programs

Come and try one of our Group Fitness Classes. We have a GREAT selection of classes ranging from the low-impact options of Yoga and Pilates to the high-intensity sweat sessions of GRIT, Body PUMP and Strength Development.

Les Mills STRENGTH DEVELOPMENT

Les Mills Strength Development is aimed at those who want to get stronger. A sequence of 12 x 45 minute progressive workouts. Appropriate for beginners or seasoned lifters, anyone looking to build confidence in the gym, improve technique and build muscle.

Les Mills BODY BALANCE

Incorporating elements of Yoga, Tai Chi and Pilates. BODYBALANCE® is a fabulous mind/body class useful for increasing strength and flexibility, improving coordination and balance, and giving an overall sense of well being. Your class ends with some meditation and relaxation.

Les Mills BODY PUMP

BODYPUMP® is a 30-60 minute class using barbells and adjustable weights to tone and condition muscles while raising your metabolic rate. BODYPUMP® is proven to be the 'world's fastest way to get in shape', and is a great option for everyone starting at the gym.

Les Mills GRIT

Using barbells weight plates and the bench, LES MILLS GRIT™STRENGTH is an intense 30-minute training session that will blast all major muscle groups and take your training to the next level!

SCU Cycle

On stationary bikes ride to the rhythm of powerful music, while the instructor takes you through hills, flats, mountains and sprints. An ultimate cardio session to burn fat and improve fitness.

SCU Box Squad

A workout combining boxing drills, with combos, cardio, and abdominal strength work. Get your gloves on because this class is fully loaded with fun to burn energy, relieve stress, and improve fitness.

SCU DWA (deep water aqua)

A high energy, low impact, muscular conditioning and FUN water workout combining cardio and resistance exercises using a buoyancy belt. Come along and have a great time!

SCU Yoga

Yoga focuses on the body and over time can have numerous benefits for the participant from improved strength, balance, flexibility and relaxation.

SCU Pilates

Pilates is a body-conditioning technique designed to stretch, strengthen and balance the body. Pilates targets the deep postural muscles through a series of exercises. Excellent for improving posture, strength and flexibility and aligning the body correctly.

SCU Silver Circuit

Designed for anyone over the age of 60, the Silver Circuit concentrates on strength training, cardiovascular fitness and balance. Whether you've been a gym goer all your life, or are just looking to start your training journey, the Silver Circuit caters for all experience levels.

SCU Stretch

Thirty minutes dedicated to stretching your body out from head to toe. Increase your range of movement through stretch and in turn receive more from your workouts. Ideal for those who neglect to stretch after their usual gym workouts.

SCU Mindfulness

Take time to cultivate the art of mindfulness through a variety of methods. An ideal opportunity to acquire new skills to take into your day-to-day life and ask questions in a supported and safe environment about how to deepen or begin your own mindfulness practice.