



WATERGATE
STUDIOS
personal training & fitness classes

SESSION TYPES

WHAT WE OFFER AT WATERGATE

SWEAT

The original Watergate small group workout! Resistance training at medium to high reps combined with interval training to ensure you get fit, toned & strong. A mix of equipment is used to ensure a varied and effective workout.

STRENGTH

Strength gets you strong! Ideal if you want to improve your body composition, improve posture, strengthen your core and get strong. A balanced, effective workout utilising medium to heavy resistance.

HYROX

HYROX is the hottest new concept to sweep the world of fitness – workouts that get you fitter, faster. A mix of cardio exercises (run, ski, row, burpee) and functional movements (lunge, wall balls, carries, sleds) to get you in peak condition.

CIRCUITS

An absolute classic and exactly what it says on the tin – a full body workout in a circuit format that focusses on volume, variety, intensity and fun. Expect a combination of movements, high reps and lots of work!

YOGA & PILATES