



WATERGATE
STUDIOS
personal training & fitness classes

WORKOUTS

SWEAT

The original Watergate small group workout! Light to medium weight resistance training with interval training to ensure you get fitter, leaner & stronger. 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 and strengthen your core. A balanced, effective workout utilising medium to heavy resistance.

BLAST

30 minute workout mixing interval training on cardio equipment (treadmill, x-trainer & spin bikes) and bodyweight or dumbbell exercises with an emphasis on training your core. Designed to get the heart rate high so you get fit, fast! As well as getting maximum calorie burn in a short space of time.

WOW

Our Workout of the Week = our Watergate WOW

A high intensity, full body workout that focusses on high volume, variety, hard work and fun. Expect a combination of movements that will get you fit, fast!