



floatfit HIIT

High intensity interval workout

A 30 minute full body class. Includes squats, mountain climbers and lunges.

FloatFit HIIT Classes provide levels of difficulty to suit all abilities.



High Energy



Burn 360 Calories



floatfit BALANCE

Inspired by Yoga and Pilates

30 minutes designed to boost mental wellbeing and challenge balance.

Participants improve body imbalances and strengthen core stability.



Low Energy



Burn 275 Calories



floatfit GROW

Fun and fitness for children - and families

An action-packed class designed to motivate children to stay active and maintain a happy, healthy lifestyle.

Recommended for 8+ years. Must be able to swim. Great exit pathway for swim schools.



Medium Energy



Burn 320 Calories



floatfit CIRCUITS

IN the water, ON the water and SWIMMING

The most intense FloatFit class.

40 minutes, 25 participants, 5 stations. Improve fitness, water confidence and stamina.



High Energy



Burn 450 Calories