



Fit COLLECTIVE

Small Group Classes

All classes will end December 14, 2023.
Resume mid- February, 2024

MONDAY

YinYasa Yoga 6pm

TUESDAY

Rooftop Vinyasa Yoga 6:30am

&

Mat Pilates 6pm

WEDNESDAY

Rooftop Vinyasa Yoga 6:30am

THURSDAY

Rooftop Vinyasa Yoga 6:30am

&

Mat Pilates 6pm

SATURDAY

Vinyasa Yoga / mat Pilates 8:30am



Class Descriptions

Tue, Thurs & Saturday Yoga

Classes are strong with progressive sequences, dynamics and fun. You will leave feeling connected, empowered and invigorated.

Saturday classes- These will alternate from Vinyasa Yoga & mat Pilates each Saturday (No rooftop)
Held in the group exercise room.

Yinyasa

Yinyasa is a fusion between the dynamic, yang style of Vinyasa and the relaxed and slow-paced style of Yin Yoga. During this class, we will build our heat with active movements to get our energy flowing and then we will find some stillness in longer holds to release tension from our body and mind.

Mat Pilates

This mat-based Pilates workout focuses on core strength, flexibility, breathwork, and overall body awareness. The class offers a modern twist and will lengthen and strengthen the muscles while giving you a full-body workout.

Focusing on a variation of the Pilates mat workout, we will use props such as light hand weights and contemporary movements to help develop a strong inner core while sculpting long, lean muscles.

You'll leave the class feeling strong, energised, and empowered.

Note: Our Saturday classes will alternate with Yoga and mat Pilates.
Download our MyWellness app to stay up to date with schedule times
These Saturday classes are not scheduled on the hotel rooftop.
They are conducted in the gym group exercise room.

Anyone wishing to attend a class must be a current member, and book using our MyWellness app.

Rooftop Classes

6:30am classes will be conducted on the hotel rooftop.

Weather permitting

If raining, the class will be held inside the gym group exercise room.

Classes are 45 minutes

Bookings are required

Please note classes and times may change or cancel without notice.

We will do our best to find a replacement for a class cancellation.

Participants attending any of the classes must be 18 years and over.

Before attending any class, please consult with your GP or Doctor.

Fit Collective
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QR code



Use QR code to download our
FREE MyWellness app
to book your classes