

HBF Stadium Group Fitness Cardio

At HBF Stadium we offer a range of high-energy cardio classes that get your heart rate up, increase blood circulation and burn calories. Our extensive timetable includes popular Les Mills class BODYSTEP™, the new Metafit™ and a variety of other fun [group fitness classes in Perth](/gym/group-fitness/cardio/).

BODYSTEP™

BODYSTEP is the energising step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step, you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

Get active

Classes develop your strength, muscle tone and balance while increasing your fitness levels with light resistance and cardio. Classes aimed at seniors and injury recovery or rehab.

MaxNRG

An intermediate/advanced fat burning workout that takes you through a variety of cardio and strength training exercises to maximise your calorie output. This circuit style class builds strength, endurance and stamina. Please note a moderate level of fitness is required for this class.

METAFIT™ HIIT

Created by a former Royal Marine Commando, Metafit HIIT combines traditional bodyweight exercises with the latest high-intensity interval training (HIIT) techniques to set the metabolism on fire! 30-minute EXPRESS format.

MetaPWR

METAPWR™ is a new metabolic workout using functional kit and exercises mixed with programmed timings and variations. Using equipment such as battle ropes, power bags, kettlebells, slam balls, and plyo boxes in a fast-moving power circuit. Improve strength, burn calories, and gain more POWER. 30-minute EXPRESS format.

ZUMBA®

Party yourself into shape. Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. ZUMBA® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

ZUMBA® GOLD

This class is perfect for active older adults who are looking for a modified Zumba® class that recreates the

original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

For more information about any of the cardio group fitness classes available at HBF Stadium, please complete the online form below.

Morning classes

- Teen Fit friendly classes

Monday 22/11	Tuesday 23/11	Wednesday 24/11	Thursday 25/11	Friday 26/11	Saturday 27/11	Sunday 28/11
5:45am - 6:15am Metafit Group X Room	9:30am - 10:15am ZUMBA Group X Room	5:45am - 6:15am MAX NRG Xpress Group X Room	9:30am - 10:15am ZUMBA 45 Group X Room	5:45am - 6:30am MAX NRG Group X Room	8:00am - 8:30am METAFIT Group X Room	
10:30am - 11:30am BODYSTEP Group X Room				8:45am - 9:15am MetaFit Group X Room	9:30am - 10:15am BODYSTEP 45 Group X Room	
				10:30am - 11:30am ZUMBA GOLD Group X Room		

Afternoon / Evening classes

- Teen Fit friendly classes

Monday 22/11	Tuesday 23/11	Wednesday 24/11	Thursday 25/11	Friday 26/11	Saturday 27/11	Sunday 28/11
5:00pm - 5:30pm MaxNRG Express Group X Room	5:30pm - 6:30pm BODYSTEP Group X Room	5:00pm - 5:30pm METAFIT Group X Room	6:00pm - 6:30pm MaxNRG Express Group X Room	12:30pm - 1:00pm MaxNRG Group X Room		