



## LES MILLS CLASSES

### LES MILLS BODYATTACK

BODYATTACK® is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats, with energising tunes to lead you through the workout. Challenge your limits in a good way, burning up to 730 calories and leaving you with a sense of achievement.

### LES MILLS BODYBALANCE

Ideal for everyone, BODYBALANCE® is the Yoga-based class that will improve your mind, body and life. As a BODYBALANCE inspired soundtrack plays, bend and stretch your way through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. You'll strengthen your entire body and leave the class feeling calm and centred. Allow yourself a full 60mins to embrace this beautiful class.

### LES MILLS BODYCOMBAT

Step into a BODYCOMBAT® workout and you'll punch and kick your way to fitness, burning up to 740 calories\* along the way. This high-energy martial-arts workout inspired workout is totally non-contact and there are no complex moves to master. It will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

### LES MILLS BODYPUMP

BODYPUMP® is a barbell workout for anyone looking to get lean, toned and fit fast. Using light to moderate weights with lots of repetition BODYPUMP gives you a total body workout. It will burn up to 540 Calories\*. Challenging all your major muscle groups using scientifically proven moves and techniques, such as; squats, presses, lifts and curls. You will leave the class feeling challenged and motivated, ready to come back for more.

### LES MILLS BODYSTEP

Basic stepping just like walking up and down stairs, is at the heart of BODYSTEP® - a full body cardio workout to really tone your butt and thighs. We combine basic stepping with moves like burpees, push-ups and weight plate exercises to work the upper body. There are always lots of options to get you through the workout safely. It will burn up to 620 calories\*, your legs will love it... eventually.

### LES MILLS CORE

Inspired by elite athletic training principles, LES MILLS CORE™ (formerly CXWORX) is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

### LES MILLS GRIT

LES MILLS GRIT™ SERIES is a 30 minute high intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. Available as GRIT™ STRENGTH, GRIT™ CARDIO or GRIT™ ATHLETIC this workout uses barbell, weight plate and body weighted exercises to blast all major muscle groups. Motivating you to go harder and get fit, fast.

### LES MILLS RPM

RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and burns loads of calories. Ride to the rhythm of powerful music, as you take on a journey of hill climbs, sprints and flat riding. You repeatedly reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

## FREESTYLE CLASSES

### BODYRIP BOXING

BODYRIP boxing combines boxing and martial art style training, utilising a variety of methodologies. It combines boxing fundamentals, plyometrics and High Intensity Interval Training (HIIT) to boost heart rate and burn calories. Suitable for all fitness levels.

### FREESTYLE STEP

Freestyle step is taught in progressive layers from basic moves to more advanced variations on and around the step. It will develop cardiovascular fitness, coordination, agility, balance and confidence. Brilliant for toning the lower body and learning the basic step moves to the more advanced.

### HIIT

Want to work hard, smart and get results? Using a variety of equipment such as Kettlebells, TRX trainers, Bosus, free weights and other functional equipment guaranteed to work you hard. Maximum challenge, Maximum Functionality, Maximum results all done in 30 or 45 minutes.

### MAT PILATES

Pilates will enhance postural alignment, coordination, and flexibility while strengthening your whole body from head to toe.

### OLD SCHOOL AEROBICS

Old School Aerobics brings back the awesome beats of the 70's, 80's and 90's. Easy to follow choreography with a mix of low and high moves that will get you sweating but most importantly smiling!

### PROTEEN PROGRAM

The Pro-Teen program is designed for teenagers aged between 13 to 17 years and educates on the safe use of equipment, proper movement patterns, techniques, mobility and other important aspects of personal development healthy exercise habits.

### SENIOR CIRCUIT

A class designed for older adults. Mixing some easy-going aerobic style exercises with functional training to keep you fit and strong and improve bone density.

### SPIN

Stationary Indoor cycling work-out designed to increase cardiovascular fitness and endurance, burn fat and tone the legs and butt. This low impact class is perfect for all fitness levels.

### STEP HIT

Want to work up a sweat? Step HIIT is a high intensity interval based class designed to improve strength and build lean muscle. Based around a step, this workout uses weight plate and body weighted exercises to blast all major muscle groups.

### YOGA

Lengthen, strengthen, and rejuvenate your body, mind, and spirit with a combination of traditional Hatha, Vinyasa, and Yin Yoga. You will walk away feeling restored and released. Suitable for beginners through to advanced.

### ZUMBA GOLD

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.

## AQUATIC CLASSES

### DEEP WATER AQUA

Wear a flotation belt and work as hard as you can. Includes use of noodles and aqua dumbbells for a variety of exercises. Suitable for athletes, general population and rehabilitation. No impact.

### SHALLOW WATER AQUA

A shallow water class conducted in our 25m pool which ranges from 1m – 1.4m deep. Includes use of noodles and aqua dumbbells for a variety of exercises. Suitable for all ages and fitness levels. Light impact is involved in this class.

### DEEP WATER AQUA TABATA

Tabata is a form of Interval Training designed to help increase endurance, performance and general fitness of your aerobic and anaerobic systems. Typically the intervals last for 4 minutes at a time, broken down into 8 blocks of 20 seconds work- 10 seconds rest. All fitness levels are welcome.