



## Les Mills Classes

### **LES MILLS** **BODYATTACK** 55mins

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** 55mins

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** 55mins

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** 55mins

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** 55mins

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** **CXWORX** 30mins

Exercising muscles around the core, CXWORX® provides the vital ingredients for a strong body. A strong core makes you better at all things you do, it's the glue that holds everything together. CXWORX is challenging but achievable for your own level of fitness, as you work with resistance tubes and weight plates, as well as your own body weight. It will leave you looking good and feeling strong.

### **LES MILLS** **GRIT** 30mins

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** 45mins

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

### **Boxing** 45mins

This class combines basic boxing fundamentals, plyometrics and high intensity interval training (HIIT) to boost your heart rate and leave you feeling stronger. Suitable for all levels of fitness.

### **Cardio HIIT** 30mins

Want to work up a sweat? Cardio HIIT is a high intensity interval based class designed to work you hard, get you fitter, faster, stronger while improving your endurance, agility, power and

### **MAT PILATES** 55mins

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

### **MFT** 45mins

Want to work hard, smart and get results? MFT (Max Functional Training) is for you. Using a variety of equipment such as Battle ropes, Kettlebells, TRX trainers, Bosu, free weights and other functional equipment guaranteed to work you hard. Maximum challenge, Maximum Functionality, Maximum results all done in 30 or 45 minutes.

### **Senior Circuit** 55mins

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** 55mins

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.

### **TRX** Suspension Training® 45mins

This class is great for building strength, in particular core strength using a suspension trainer to adapt a range of bodyweight exercises to suit your fitness and strength. It is an interval style class working all your major muscle groups. Suitable for all levels of fitness and ability.

### **YOGA** 60mins

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 60mins

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.

### **ZUMBA** fitness 60mins

We take the "work" out of workout, by mixing low-intensity and high intensity moves for an interval – style, calorie-burning dance fitness class. Let the Latin and world rhythms take over, and enjoy your exercise in disguise.

## Aquatic Classes

### **Deep Water Aqua** 45mins

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** 45mins

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.

### **Tabata Aqua** 45mins

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.