

# Class descriptions

## KEY:

- High Intensity Interval Training   ■ Aerobic/Cardio   ■ Aqua   ■ Strength & Endurance  
■ Mind & Body   ■ Indoor Cycling   ■ 50+ Classes tailored to older adults

### Abs Blast

Focusing on those all-important abdominal muscle and your core strength our Abs Blast will help nip in your waist line and give you the tone and definition you want. Suitable for all fitness levels and abilities.

### Aqua Aerobics / Deep Aqua<sup>†</sup>

A fun and invigorating all over body workout in the water designed to effectively burn calories with minimal impact on the joints.

*†The support of the deeper water allows easy mobility for arthritis and other medical conditions.*

### LES MILLS BODYBALANCE

This is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.

### LES MILLS BODYCOMBAT

An empowering cardio workout where you are totally unleashed. The fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, thai chi and muay thai.

### Body Conditioning

A low impact toning class with a range of cardio and toning exercises, that uses different muscles to strengthen, shape and tone your body.

### LES MILLS BODYPUMP

The original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

### Cardio HIIT

Between 20/30 seconds of maximum training using nothing but body weight! Working on speed and agility, our Cardio HIIT class designed to push the heart rate up and maximise calorie burn.

### Circuits

Station based workout for the whole body, with a mixture of cardiovascular and strength work, allowing you to work at your own intensity regardless of your fitness ability.

### Core Balance

Combine flexibility, balance and posture with breathing techniques to reduce the stress of everyday life. The class starts with a mobility warm up and then balance exercises standing and on the mat. The class finishes with deep stretching.

### Functional Fit <sup>50+</sup>

Trains your muscles to work together and prepares them for daily tasks by simulating movements you might do at home, in work or in sports. This class will also emphasize your core stability for an all-round great workout!

### HIIT

High Intensity Interval Training, for the person that is pressed for time and looking to boost metabolism and improve your health and fitness.

### Indoor Cycling

If you're a beginner or more advanced there is a class to suit you. This class will ensure you improve your cardio vascular fitness, lower body strength and most definitely burn those calories.

### Kettlebells

Is the single most effective Kettlebell fat burning workout. Its designed to shape and sculpt your body with stimulating, invigorating, safe and easy-to-follow kettlebell inspired exercises.

### Pilates

For all levels and abilities, a low impact system of repetitive exercises performed on a mat to promote strength, stability and flexibility focussed on the core but works the whole body and mind.

### Step

A fun and energetic cardio workout predominantly targeting those lower body muscles. An excellent class for improving fitness and burning fat.

### Strong Nation

Combines body weight, muscle conditioning and cardio training and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by music, helping you make it to the last rep, and maybe even five more.

### Tai Chi

Relaxing and uplifting class that mentally refreshes you and energises your body. It will soothe your heart and enrich your soul.

### Yin Yoga

Yin Yoga is the class to choose if you want to calm the mind and stretch the body. This class consists of a series of long-held, passive floor poses that mainly work to the lower part of the body whilst releasing stress on the mind, body and soul.

### Yoga

A great way to de-stress and relax, helping to improve flexibility and co-ordination.

### Zumba<sup>®</sup>

Zumba<sup>®</sup> is the only Latin-inspired dance-fitness program that blends red-hot international music and contagious steps to form a "fitness-party."

### Zumba Gold<sup>®</sup>

A low impact and gentler approach to Zumba<sup>®</sup>. Great for beginners, more mature movers and anyone wanting to get back into fitness. Combining latin and worldwide rhythms such as salsa, cumbia, and merengue in a dance format.