

- Aerotone** - a combination of aerobic moves followed by toning exercises to provide a great all round workout.
- Aqua** - pool based exercise to improve fitness, burn fat and tone. Equipment is provided for extra resistance to work upper and lower body.
- Body Conditioning** - a low impact style workout using equipment such as hand weights and bands, which focuses on toning and strengthening different muscle groups.
- Dance** - a freestyle type class which builds moves into a routine develops coordination and is great fun!
- Konga** - a mash up of Boxing, Kickboxing, Cardio, Afro, Pop, Rock and Disco!
- Core** - exercises that encourage the development of the deep muscles to stabilise and align the body.
- HIIT** - short bursts of interval training using intense anaerobic exercises. An excellent way to maximise burning calories in a limited amount of time.
- LBT** - work on all those stubborn areas! Simple aerobic moves combined with tough toning exercises to target the legs, bums and tums.
- Pilates** - participants must have completed an introductory beginner's course before attending the timetabled classes.
- Spinning** - this is the freestyle version of indoor cycling where the instructor will use their own inspiring music and mix of different choreography to ensure you obtain the maximum benefit from your workout. This class will burn fat fast and increase your fitness levels.
- Step** - a low impact class which uses a step to provide a toning and calorie-burning workout that is great for the lower body as well as improving your fitness. Easy-to-follow routines with motivating music.
- Stretch** - a non impact class which focuses on stretching and lengthening muscles, developing flexibility and decreasing muscle tightness.
- Tae Kwon-do** - a martial art from Korea practised by young and old alike, developed primarily for self defence. You will build strength, flexibility and confidence.
- Yoga** - these classes have a unifying effect on the mind, body, spirit, fostering health and harmony and the deepest levels to improve posture, flexibility and well being. Our classes incorporate a mixture of different styles.
- Aerobics** - a Hi/low impact class which uses various steps to provide a calorie-burning workout that is great for the whole body as well as improving your fitness. Easy-to-follow routines with motivating music.
- Fighting Fit** - works all muscle groups and improves stamina, strength, endurance and power
- Active for Life** - low impact slower paced class which uses various steps to provide a calorie-burning workout that is great for the whole body as well as improving your fitness. Easy-to-follow routines with motivating music.
- Zumba** - A mix of low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective. Super fun.

## LES MILLS

Every week, in more than 15,000 clubs and gyms and across over 80 countries, millions of people put aside whatever else is happening in their lives and lose themselves in one of the LES MILLS™ group fitness and team training programs.

They shout, they sweat, they leave feeling extraordinary and then they come back to do it all again.

With a LES MILLS™ workout you're not just exercising, you're joining something bigger than yourself. You'll gain the energy of the group effect as one of our 100,000 certified and highly qualified instructors guides you through a motivating workout set to chart-topping music.

You'll fall in love with fitness and change your life.

**BODYBALANCE™** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. Like all the LES MILLS™ programs, a new BODYBALANCE™ class is released every three months with new music and choreography.

**BODYATTACK™** is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor! Like all the LES MILLS™ programs, a new BODYATTACK™ class is released every three months with new music and choreography.

**RPM™** is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within - sweat and burn to reach your endorphin high. Like all the LES MILLS™ programs, a new RPM™ class is released every three months with new music and choreography.

**SH'BAM™** Featuring simple but seriously hot dance moves, SH'BAM™ is the perfect way to shape up and let out your inner star - even if you're dance challenged. Set to a soundtrack of chart-topping popular hits, dance music that is heard in the hottest nightclubs around the world, familiar classics remixed and modernized Latin beats, SH'BAM™ is the ultimate fun and sociable way to exercise. Each 45-minute SH'BAM™ class is vibrant, unique and varied - and like all the LES MILLS™ programs, a new SH'BAM™ release is produced every three months with new music and choreography.

**BODYPUMP™**, the original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! Great bodies aren't born, they are transformed, using the proven BODYPUMP™ formula: THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning, one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl.

**BODY STEP** In a BODYSTEP™ Athletic class you combine basic stepping with moves like burpees, push ups and weight plate exercises to work the upper body. If you fancy quicker stepping and the chance to showcase your rhythm and flair then BODYSTEP™ Classic is the way to go. There are always lots of options to get you through the workout safely.

Our bubbly and approachable instructors coach you through the workout. We play invigorating, hit music and inject a whole lot of fun and personality along the way. You can burn up to 620 calories\* and you'll leave buzzing with satisfaction.