

# CLASS DESCRIPTIONS

## **LES MILLS BODYBALANCE™**

BODYBALANCE™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Based on a carefully structured series of stretches, moves and poses to music it creates a holistic workout that brings the body into a state of harmony and balance. This class will increase your flexibility and inner strength creating a strong supple body from the inside out. Burn on average 390 Calories per hour.

## **LES MILLS BODYPUMP™**

BODYPUMP™ is 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. This is a resistance based workout using bars and weights to burn calories even after you've left the class. Having been around for more than 20 years this class is proven to get you results. Remember, your body needs recovery time between workouts, so rest for a day between classes. Burn on average 560 Calories per hour.

## **LES MILLS BODYATTACK™**

BODYATTACK™ is a fun filled interval training class which combines aerobic movements and athletic agility training with strength exercises. There are high and low options so this class is for everyone. Don't get fit before trying a class - get fit in the class with awesome music and simple moves motivating you to achieve your goals. Burn on average 735 Calories per hour.

## **LES MILLS CXWORX™**

CXWORX™ Looking for a short, sharp 30 min workout that'll tighten your tummy and butt, while also improving functional strength and assisting in injury prevention. Based on cutting-edge scientific research it'll help you run faster, play harder, stand stronger, be healthier! Burn on average 230 Calories per 30mins.

## **LES MILLS SH'BAM™**

Sh'bam is the cheeky, insanely addictive dance workout where anything goes and everything is encouraged! You'll find a fabulous mix of dance styles from the heat of latinos to the cool tunes of a nightclub. Even if you have two left feet this class can't help but make you smile.

## **LES MILLS GRIT\***

LES MILLS GRIT™ Series is a 30-minute High Intensity Interval Training (HIIT) class. A mix of strength, Plyometrics and Cardio ensures you're challenged every time! Innovative movements and powerful music burns maximum calories. Reap the EPOC effect which means high calorie burn both in class but also for hours after - sending your metabolism into overdrive. Your GRIT coach checks technique and tailors options to suit your body. Burn between 300 - 500 calories per class.

## **LES MILLS RPM**

RPM is an indoor cycling class, set to the rhythm of motivating music. Learn all the basic cycling moves like standing up, sitting down, changing hand positions, speeding up and slowing down. You control your own resistance levels and sprint speed so you can build up your training level over time. Get fit fast and burn on average 620 calories.

## **LES MILLS SPRINT™**

A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results with minimum joint impact. This short workout will motivate you to push your physical and mental limits. With bursts of intensity where you work as hard as possible, followed by periods of rest that prepare you for the next effort. The payoff is you will smash your fitness goals and burn calories for hours after each workout.



## GRAVITY™

All Gravity classes are performed on the award-winning Gravity Training System which offers 22 levels of incline resistance. The dynamic cable pulley and glideboard will challenge you to build strength, core stability and muscle endurance all with minimal impact to the joints.

## FITNESS BY LIGHT™

A "Fitness By Light" session trains all major muscle groups through non-stop movement, building endurance, strength, balance, speed, agility, reaction time, and overall fitness. The high-intensity, circuit-based workout provides complete strength and cardio conditioning, burning up to 1,000 calories in just one session.

## SwimFit

This class is designed for anyone thinking of competing in swimming competitions or triathlons. Or just wishing to improve their swimming technique. Classes include swimming technique, dives, turns, race tactics and more.

## AquaFit

In water and without the impact on your joints this class provides great exercise and toning, leading to improved range of motion, strength, coordination and flexibility. It's all about fun and connecting with others without the sweat!

## KETTLEBELLS

A Kettlebell is a centuries-old training tool that looks like a cannon ball with a handle. Kettlebell training is different than other forms of weight training because many parts of the body are exercised simultaneously. It will give you fast results for strength, endurance and muscle toning by challenging you through total body movements. Burn on average 560 Calories per hour.

## BoxFit

BOXfit is an all-level circuit training class inspired by boxing training techniques and methods. This is a class that will empower you! Jab, Cross & Hook your way to fitness with this fun innovative class. Burn on average 690 Calories per hour.

## YOUNG@HEART

Young @ Heart is designed for the more mature adult. This class improves your fitness level, strength, mobility and core stability keeping you fit and healthy. There's something different every week and fun is guaranteed!



**WEST WOOD**

C · L · U · B

*Please note that we recommend no more than 3 HIIT Based classes a week, due to risk of overtraining and the stress it places on your body and mind. Any HIIT class is not suitable for pregnant women.*