

CLASS DESCRIPTIONS

LES MILLS

BODYPUMP - is a barbell workout for anyone looking to get lean, tone & fit-fast. Using light to moderate weights with lots of repetition gives you a total body workout. Scientifically proven move & techniques with encouragement, safety, motivation & great music. 540

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BODYCOMBAT - is a high energy Mix Martial Arts inspired workout that is non-contact that will get you fit fast and feeling strong. Kicking and punching your way into fitness while burning calories & releasing stress. 740

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BODYFLOW - is a Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a structured series of stretches, moves & poses to music creates a workout that brings the body into a state of harmony & balance.

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BODYATTACK - is a sports-inspired cardio workout for building strength & stamina. This high energy interval training class combines athletic aerobic movements with strength & stabilization exercises. 730

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CXWORX - is a 30 min workout exercising the muscles around the core making a stronger body for everyday life to your favorite sport. Using resistance tubes, weight plates as well as body weight exercises to tone the waistline and build a stronger core while toning glutes, hips and lower back.

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RPM - is a group indoor cycling workout where you control the intensity. It's fun, low impact with great music as your instructor takes you on a journey of hills climbs, sprints & flat riding. 675

HIIT (High-Intensity Interval Training)

LES MILLS **sprint**

- is a 30 min HIIT workout using an indoor bike to achieve has result. It is a short, intense style of training where the thrill & motivation comes from pushing your physical & mental limits. A high intensity low impact workout that's scientifically proven to return rapid result.

LES MILLS **GRIT** | STRENGTH

- is a 30 min HIIT workout, designed to improve strength, cardiovascular fitness & build lean muscle. Using a barbell, weight plate & bodyweight exercises to blast all major muscle groups, it combines cutting-edge HIIT with powerful music & inspiration from coaches that motivate you to go harder.

LES MILLS **GRIT** | CARDIO

- is a 30 min HIIT workout that improves cardiovascular fitness, increases speed & maximizes calorie burn. Using a variety of body weight exercises it provides challenges and intensity, while combining powerful music with inspirational coaches to motivating you to go harder and get fit fast.

LES MILLS **GRIT** | ATHLETIC

- is a 30 min HIIT sports conditioning workout, designed to make you perform like an athlete. Using a step, bodyweight exercises and multi-dimensional sports condition training to increase your overall athletic performance: strength, agility, speed & power. It takes cutting-edge HIIT training with powerful music and inspirational coaching.

VARIETY CLASSES

CLUB HIIT - Cardio, plyometrics, strength and everything in between. A 30-45-minute-high intensity interval training.

POUND™ - A full body cardio jam session, combining easy-to-follow cardio moves with strength training and drumming. This workout fuses Pilates, isometric movements, plyometric and yoga-based poses into a 45-minute series. Drum your way to a leaner, slimmer physique, all while rocking out to your favorite music.

R.I.P.P.E.D™ - The one stop body shock that combines easy, yet effective cardio routines, interlaced with weights and resistance work. R-Resistance, I-Intervals, P-Power, P-Plyometrics, E-Endurance, and D-Diet.

SPIN – Jump on a bike and ride to the driving beats that will improve your cardio endurance and muscular strength. This low impact/high intensity workout will leave you drenched in sweat yet inspired to come back for more.

YOGA - Enhance your strength, balance, flexibility, and stability while finding your inner calmness and peace. Just breathe...OM

ZUMBA® - Ditch the workout and join the party! This fun, east to follow dance class combines high energy and motivating music. Unique moves and combinations to create a workout but make you feel like you are partying on the dance floor!