

KETTLE BELLS **HIIT** EDGE BODY WEIGHT CONDITIONING **FAB** ABS HATHA YOGA

FANCY GIVING ONE OF THESE A GO? **SH'BAM**

VIRTUAL ^{HIIT} FIT **COMBAT** BODY

PUMP **GRIT** **CARDIO** BODY BALANCE

PIYO BODY **JAM** **YOGA** BODY

ZUMBA TAI CHI **PILATES**

BUM **YOGA** AQUA **GLUTES** **CIRCUIT** **TRAINING** **LEGGS** **FIT** GORGEOUS **SWIMFIT** STREET DANCE

& TUMS **YENGAR** **CLUBBERCISE**

KEISER CYCLING **P90X** **CLASS DESCRIPTIONS** **GRIT** **ATHLETIC**

BODY BALANCE

Body Balance is ideal for anyone and everyone. It is the yoga-based class that will improve your mind, your body and your life. During Body Balance an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.

LES MILLS
BODYBALANCE VIRTUAL

BODY COMBAT

Body Combat is the empowering cardio workout where you can totally unleash. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as; Karate, Boding, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.

LES MILLS
BODYCOMBAT VIRTUAL

BODY PUMP

Body Pump is the original barbell class that strengthens your entire body. It challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight will inspire you to get the results you came for - and fast!

LES MILLS
BODYPUMP VIRTUAL

CXWORX

CXWORX is all about building core strength, improving functional fitness of the abdominals, mid-section, and glutes, as well as working the cross-slings, which run from the upper to lower body. CXWORX targets everything from the mid-thigh up to the shoulders, which is an area also known as your trunk.

LES MILLS
CXWORX VIRTUAL

FOD (FITNESS ON DEMAND) VIRTUAL

The FOD system boasts over 220 additional Virtual class options. A selection of these can be found on the timetable each week, with new and exciting content being added all the time. We also run virtual classes which are instructed in Mandarin.

VIRTUAL CYCLE

Virtual Spin is an indoor cycling workout where you control the intensity. It's fun, low impact and you can burn over 600 calories per session. With sharp bursts of sprints and steep climbs interspersed with active recovery and longer intervals to test endurance, this class helps you get fitter faster

SH'BAM

Sh'Bam is a fun-loving, insanely addictive dance workout. It's an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!

LES MILLS
SH'BAM VIRTUAL

HOW ARE VIRTUAL CLASSES DIFFERENT TO LIVE CLASSES?

These classes combine world-leading fitness programs with pumping sound and motivation from some of the hottest instructors on the planet. They are often less busy than the instructor-led classes, they run on massive screens throughout the day and late into the evenings. If you work shifts, or your free time is early afternoon, you'll find one to fit your schedule. Why not come and give it a go?

CARDIOVASCULAR

RESISTANCE

AQUA	Based in the pool, Aqua works the entire body using the water as resistance. Aqua workouts include moves such as jumping jacks, tuck jumps, walking and running backwards and forwards and moves can be modified or progressed to suit the individual. Workouts also commonly feature woggles and aqua dumbbells which are used to aid resistance.
BODY COMBAT <small>LES MILLS</small> BODYCOMBAT	Body Combat is the empowering cardio workout where you can totally unleash. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boding, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.
BOXERCISE	Providing an entire body workout based on the skills and techniques used in the boxing ring. There is no body contact so do not be alarmed, instead you will train with a variety of boxing moves and techniques that provide a calorie burning workout suitable for all abilities.
FREESTYLE KICKBOXING	Fight your way fit with Freestyle kickboxing. Featuring a mix of different kickboxing styles, and different martial arts body weight exercises from Kung Fu, Capoeira, Brazilian Jujitsu and Karate that will provide a fun, yet challenging full body workout! No matter what your level of fitness ability, all are welcome whether you never tried martial arts, or you already have many years of training behind you.
KEISER INDOOR CYCLING	This continues to be one of the hottest trends in the fitness industry. Enlivened by athletic racing, interval training and visualization, Keiser Indoor Cycling programming is the future of fitness. Your Keiser Indoor Cycling program is constantly evolving from beginner to expert. This diversity in your workout develops ultimate fitness without over-training.
SWIMFIT	FITNESS SESSION – High intensity swimming work out. For those who like a challenge and are sick of counting tiles as they swim. Must be a strong confident swimmer in all strokes. Every session will consist of different drills and land activities resulting in a mile swim (x 64 lengths) every session. TECHNIQUE SESSION – Medium intensity swimming work out. For those who need that polishing up on their strokes and corrections. Must be able to swim 100m (4 lengths) Frontcrawl. The session will consist of technical drills and activities resulting in a mile swim every session.
BODY PUMP <small>LES MILLS</small> BODY PUMP	Body Pump is the original barbell class that strengthens your entire body. It challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!
BODY WEIGHT CONDITIONING	If you are tired of an untuned body and want to get some gorgeous glutes, amazing abs, perfect pecs and tight triceps, then Body Weight Conditioning is for you! This class has you using your own body weight as resistance to get your body toned and shapely. This class is a challenge to anyone from total beginners to already trained athletes as it will compliment any training regime.
BUMS LEGS AND TUMS (BLT)	A conditioning class focusing on those problematic areas of legs, glutes and abdominals.
CIRCUIT TRAINING	A class with multiple exercise stations focusing on specific muscle areas and components of fitness to give you an all over calorie busting workout.
KETTLEBELLS	NEW Kettlebells are a highly effective functional strength training tool. Their unique design, where the weight isn't balanced in your hand adds an extra element to your workout. The handle is moulded into the top of a ball-shaped weight. This asymmetric design means a harder workout, with more focus on your stabilising muscles.

DANCE

BODY JAM

LES MILLS
BODYJAM

A mixture of dance and aerobics moves blended with the latest sounds of hip hop, funk, and Latin American music. It can be considered as a cardio workout. Apart from making you sweat, fun is another important element in the 1-hour class.

CLUBBERCISE



Want to bring a night out to your workout? Clubbercise® is a fun dance workout to club anthems from 90's classics, using glowsticks to add to the atmosphere. Clubbercise fitness classes are great for beginners and fitness fans alike. One class burns around 600 calories.

PHAT 'N' PHUNKY

The Body positive dance class is here! Phat 'n' Phunky is a dance class celebrating you, liberating your body and boosting your confidence! No dance experience? Don't worry, it's a perfect fit. A fun dance class sharing positivity and sweating it out to some great music! So get your trainers on, bring some water and let's get phunky!

ZUMBA



Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness programme that will blow you away! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

BALLET FIT

Ballet Fit is a fitness training programme based on ballet moves but performed at a very basic level and in a fitness style. The exercises are suitable for all levels & abilities, you do not need an experience of Ballet to have a go.

STREET DANCE

This class will introduce you to some of the basic street dance foundations. A chance to learn some moves for the Saturday nights whilst getting a great work out! We're all about the fun and relaxed atmosphere while jamming to some great music! Come and sweat it out with us.

LES MILLS GRIT STRENGTH



NEW

LES MILLS GRIT Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting-edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit fast.

LES MILLS GRIT CARDIO



NEW

LES MILLS GRIT Cardio is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximises calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

LES MILLS GRIT ATHLETIC



NEW

LES MILLS GRIT Athletic is a 30-minute high-intensity interval training (HIIT) sports conditioning workout, designed to make you perform like an athlete. This workout often uses a step, bodyweight exercises and multi-dimensional sports conditioning training to increase your overall athletic performance: strength, agility, speed and power.

EDGE HIIT

Gym Floor Classes incorporating strength, cardio and interval training to work you to the max in just 30 mins! Designed to fit naturally around your work day with classes running early mornings, lunchtime and early evenings.

HIIT CLASS (HIGH INTENSITY INTERVAL TRAINING)

A total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and increase your cardiovascular fitness.

INSANITY



The most heart pumping, muscle shredding, sweat dripping, high intensity cardio workout you will ever do!

HIIT

ASHTANGA YOGA		Ashtanga is a physical form of yoga which synchronizes breath and movement through a precise sequence of postures called primary series. The intention of the practice is to cleanse, stretch and strengthen the body, as well as focus and calm the mind.
FAB ABS		A session which effectively isolates the abdominal and core region.
TAI CHI	NEW	Tai Chi is a non-competitive martial art known for its self-defence techniques and health benefits. As a form of exercise, it combines gentle physical exercise and stretching with mindfulness.
GORGEOUS GLUTES		A class to develop and tone your glutes whilst improving posture, lumbar strength and aiding your general balance.
HATHA YOGA		Hatha is a general category that includes most yoga styles. It is an old system that includes the practice of asanas (yoga postures) and pranayama (yoga breathing exercises), which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation.
IYENGAR YOGA		Focuses upon the correct body alignments to harmonise with our development, eliminating aches and pains and improving posture. The asana positions are held for considerable lengths of time to let the effects of the poses deepen within the individual.
KUNG FU		Teaching all elements of Shaolin Kung Fu & Internal Kung Fu. A combination of Self Protection for Women & Men, Health & Energy Arts, Traditional Kung Fu Fitness strategies, advanced fighting.
PILATES ON THE BALL		Pilates on the Ball is an effective training workout as it promotes core stabilisation by challenging stability on an unstable surface. The class uses familiar Pilates moves but adds variety to your training regime.
PILATES		This class focuses on slow, controlled methods to tone the body, targeting the deep postural muscles, strengthening from within to improve posture and general wellbeing.
PIYO		Piyo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.
YOGA NIDRA		Yoga Nidra is a method of inducing complete physical, mental and emotional relaxation. The term yoga nidra is derived from two Sanskrit words, yoga meaning union or one-pointed awareness, and nidra, translating to sleep, a conscious sleep.
VINYASA YOGA		Vinyasa means 'breath-synchronized movement' and Vinyasa yoga is a series of poses that will move you through the power of inhaling and exhaling. Vinyasa movements are smoothly flowing and almost dance-like, which explains why it is sometimes referred to as Vinyasa Flow or just Flow.
YIN/YANG YOGA	NEW	Bringing together energising flow and therapeutic stretching – 30 minutes of fast-paced movement, 30 minutes of deep focus. Yin & Yang Yoga works through building strength and power in ashtanga-based sequencing, then mobilising the body with longer holds in poses to ease muscle tension and work into the deep soft tissue of the body.