

DANCE

BODY JAM <small>LES MILLS BODYJAM</small>	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.
DANCE FIT	Suitable for all levels. Come and dance your way to Cardio fitness as together we find our beat with a mix of show tunes, pop and disco classics. A fun class that will keep you sweating and smiling the whole way through.
ZUMBA <small>ZUMBA</small>	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 FUSION	Suitable for all levels. A blend of pilates and moves combined with uplifting music for a workout focusing on core and posterior chain strength and total body flexibility. Feel elegant and strong and create your best posture ever!

VIRTUAL

BODY BALANCE <small>LES MILLS BODYBALANCE VIRTUAL</small>	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.
BODY COMBAT <small>LES MILLS BODYCOMBAT VIRTUAL</small>	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.
BODY PUMP <small>LES MILLS BODYPUMP VIRTUAL</small>	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!
CORE	CORE 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. CORE targets everything from the mid-thigh up to the shoulders, which is an area also known as your trunk.
RPM <small>LES MILLS RPM</small>	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
SPRINT <small>LES MILLS sprint</small>	Sprint is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike. This high intensity, low impact workout, is scientifically proven to return rapid results. The 30 minutes you put into a Sprint workout drives your body to burn calories for hours. Combining bursts of intensity with periods of rest prepares you for your next challenge. Helping you smash your fitness goals, fast.
THE TRIP <small>LES MILLS THE TRIP</small>	THE TRIP™ is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds. With its cinema-scale screen and sound system, this virtual workout takes motivation and energy output to the next level, burning serious calories.

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?

BOOK YOUR CLASS NOW AT WWW.LEEDS.AC.UK/THEEDGE

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UNIVERSITY OF LEEDS

KETTLE BELLS HIIT EDGE FAB ABS HATHA YOGA
FANCY GIVING ONE OF THESE A GO? BARRE RIGFIT
VIRTUAL THE FIT BODY COMBAT BALANCE
BODY PUMP GRIT CARDIO BODY BALANCE
PIYO BODY YOGA
JAM YOGA
ZUMBA TAI CHI PILATES
BUMS YOGA AQUA T CIRCUIT TRAINING STEP
LEGS YOGA BALLET GRIT BODY ATTACK
& TUMS DANCE FIT
SWIMFIT CYCLE BEATS IYENGAR YOGA DANCE FIT CLASS DESCRIPTIONS
GRIT ATHLETIC

HIT CARDIOVASCULAR

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 BODYCOMBAT</small>	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.
CYCLE BEATS	This class is designed to give you an effective cycling workout based around fantastic music to motivate you! The class is aimed at all levels of fitness—beginner through to advanced— but aims to provide the fun alongside the calorie burn. If you've always been nervous to try indoor cycling—this is a great way to get started.
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.
STEP	Step is a high intensity bodyweight workout which aims to improve your cardiovascular health and coordination in a rhythmic style. Build core strength and burn fat in a dynamic style while enjoying the urban vibes. All you need to participate in this class is a step box, therefore catered to all fitness and skill levels.
CYCLE POWER	An indoor cycling class that uses sprints, interval training and hills to create an effective and challenging workout. The intensity can be varied so suitable for all fitness levels.
BODY ATTACK	BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. Pumping energizing tunes throughout the workout – challenging your limits in a good way, burning up to 555 calories and leaving you with a sense of achievement.
GRIT STRENGTH <small>LES MILLS GRIT</small>	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.
GRIT CARDIO <small>LES MILLS GRIT</small>	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.

HIT

WELLBEING

GRIT ATHLETIC <small>LES MILLS GRIT</small>	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.
RIGFIT	Gym Floor Classes incorporate strength, cardio and interval training to work you to the max in just 30 mins! Not only will you get a great workout—you will come away with ideas on how to use our state of the art Outrace Rig in your own workouts.
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 <small>INSANITY</small>	The most heart pumping, muscle shredding, sweat dripping, high intensity cardio workout you will ever do!
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	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.
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.
YIN/YANG YOGA	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.

WELLBEING RESISTANCE

MEDITATE & BREATHE	Meditation can give you a sense of calm, peace and balance that can benefit your emotional and physical wellbeing. Take time out from the busy world and take time for yourself in this relaxing session.
PILATES ON THE FOAM ROLLER	This class utilises common Pilates exercises alongside the foam roller to create challenge and variety. The use of Foam Rollers can help increase range of movement, strength and coordination and aid massage.
RELAX & STRETCH	Find your Zen in this relaxing class. Gentle stretches and whole body release combine to improve your mental wellbeing and target any areas of the body that are tight.
BARRE	Barre is a Ballet inspired type of training that helps to shape and tone your whole body. It uses a combination of Pilates, Dance, Strength training and Ballet to create a varied and fun workout. No ballet experience required.
DISCO YOGA	Yoga moves to Disco grooves. The hottest workout in town comes to the Edge! The hit of latitude festival, this class will take you through a Yoga flow to a classic disco soundtrack that's uplift you and make you smile. Together we celebrate, dance, stretch, breathe & connect.
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.
BODY PUMP <small>LES MILLS BODYPUMP</small>	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.
RESISTANCE BAND FIT	A challenging but effective class using Resistance Bands to help condition and strengthen the entire body. An all over workout that will increase the tone in your muscles and energise your body. Suitable for all levels.
KETTLEBELLS	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.