

# CLASS DESCRIPTIONS

## LES MILLS CORE

LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

## LES MILLS GRIT

LES MILLS GRIT™ Strength is a 30-minute workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses weights and bodyweight exercises to tone and shape all major muscle groups. Go at your own level of fitness and lots of options.

## LES MILLS BODYPUMP

BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned, and fit – fast. Instructors will coach you through the scientifically backed moves and techniques pumping out encouragement, motivation, and great music.

## LES MILLS BODYATTACK

BODYATTACK™ is a fun fitness class with body weight moves that cater for total beginners to total addicts. We combine movements like squats, lunging, push-ups with the option to run, jog or walk. The music is energizing and leads you through the workout. Available in 30min or 45mins.

## LES MILLS BODYBALANCE

BODYBALANCE is the yoga-based class that will improve your mind, your body, and your life. Bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centred.

## LES MILLS BODYSTEP

A full-body cardio workout to really tone your butt and thighs using a step, using squat and lunge patterns to high energy music.

## LES MILLS BODYCOMBAT

Step into a martial art inspired workout and you'll punch and kick your way to fitness. This workout is non-contact and there are no complex moves to master. You'll release stress, have a blast, and feel like a champ. Available in 30min and 45mins.

## LES MILLS SPRINT

LES MILLS SPRINT™ is a 30-minute workout using an indoor bike to achieve results fast. Go your own pace and learn to push your physical and mental limits with high intensity, low impact workout, which is scientifically proven to return rapid results.



RIDE REVOLUTION - is a 30min high intensity workout, pushing yourself to your max to achieve fast results in the cycle room. Generally short bursts of high intense blocks, you will be begging for those short recoveries.

## THE JOURNEY

BY INTELLIGENT CYCLING

A cycle class using a virtual screen using the Body Bike or Intelligent Cycling app. Ride through different worlds, ride with dinosaurs, mushrooms or space and you'll forget that you're even doing any exercise.

## 30 MINUTE HIIT

A 30min high intensity training class, pushing yourself to your max. Can be forms of interval training or can be set up like bootcamp style. Either in the group fitness room or in the cycle room. Check out the timetable to see where it will take place.

**BOOT  
CAMP**

**CIRCUIT  
TRAINING**

A full body conditioning class. Using various exercises and equipment to incorporate upper and lower body strength and agility exercises increasing muscle tone, strength, and cardio fitness. Either done in stations proper circuit style, or proper bootcamp military style.

**meta  
PWR**

MetaPWR is a unique 30-minute metabolic resistance workout done circuit style.

**RETRO  
GROOVE**

Get your groove on retro style, dancing to 70's, 80's, 90's and 00's. Bright colours is a must and leave any judgement attitude out the door cos this is fun and hilarious. You'll be leaving with all smiles and new friends.

**80's  
AEROBICS**

Get your 80's aerobics on, let your hair down with sweat bands or scrunchies! This is FUN FUN FUN!!!! Dress up in your fluoro gear and have the best time!

**YIN YOGA**

Yin Yoga is a slow-paced style of yoga, incorporating principles of traditional Chinese medicine, with stretches that are held for longer periods of time than in other styles. Designed to release fascia (ligaments/tendons) and joints using breath work. Bring your blanket and something warm and get cosy.

**Gentle  
YOGA**

Gentle Flow Yoga is geared specifically for those new to yoga or those who are interested in a gentle practice. This class incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, strength, balance, and flexibility.

**FLOW  
YOGA**

This is a step up from the gentle flow where you'll see more flow sequences and sun salutations flows to energise the body.

**HATHA  
YOGA/MED**

HATHA translates to 'force' in Sanskrit. The practice involves breath, body, and mind to enhance vital energy. This is the most traditional style yoga Westerners are used to.

**PILATES**

Incorporating traditional Pilates with equipment such as balls, rings, weights focusing on core, glutes, and legs.

**POWER  
PILATES**

Incorporating traditional Pilates with modern dynamic movements working the whole body. The format blends cardio, strength training, Pilates and stretching to maximize results. In other words, its Pilates on steroids.

**PILATES  
REFORMER**

Pilates using a machine which is more intense and dynamic. Using springs for added resistance. This is an extra cost, can pay casually or added onto your membership.

**ABT  
BLAST**

Abb's, Butt & Thighs workout with a blast of high intensity generally using a step, weights and sometimes pilates discs.

**MIDDAY  
MOVERS**

These classes are designed for people with physical limitations such as injuries, fitness level and age. Offered to outside member for a fee of \$7 a class. Midday Movers – low impact dance (\*\*tea & coffee provided after class)