

## **LesMills BODYATTACK**

A high-energy, calorie-consuming athletic workout that will push you past the limit with strong, simple moves and pumping music. This is the most intense workout you'll find in the world of fitness – a session guaranteed to take no prisoners.

## **LesMills BODYFLOW**

A class that reinforces flexibility and strength, combining the best of Yoga, Tai Chi and Pilates. Truly a fitness class for the 21<sup>st</sup> Century, BODYFLOW brings mind and body into perfect harmony. Try this revolutionary, holistic approach to fitness.

## **LesMills BODYCOMBAT**

BODYCOMBAT combines moves and stances developed from range of self-defense disciplines such as karate, boxing, Tai Chi, and kickboxing. It is fiercely energetic experience taught in a safe and simplistic manner. Designed to fight fate and kick calories, it is a great cardiovascular workout that's all out fun.

## **LesMills BODYPUMP**

A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study. BODYPUMP was verified by The University of Auckland as providing the fastest body fat loss of any fitness class.

## **LesMills CXWORX**

CXWORX is the intensely challenging 30-minute core workout that gets you results where it counts the most.

## **LesMills GRIT Series – Strength, Cardio, Plyo**

30-Minute High Intensity Interval Training series featuring 3 unique workouts each designed to drive different results. Build strength, improve agility, and burn fat!

## **LesMills SPRINT**

A LES MILLS class – 30 minutes of HIIT (High Intensity Interval Training) on a stationary bike.

## **CARDIO**

Rotation between BODYATTACK, BODYCOMBAT, CXWORX, Tabata, Club HIIT, & Zumba

## **CLUB HIIT**

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

## **CYCLE MIX**

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.

## **STEP**

A great cardio option that takes it back old school, but with fresh new moves and music!

## **STRETCH**

Stretch, open, and release the entire body. Elongate tight muscles and decrease risk of injury in the relaxing class.

## **WATER AEROBICS**

This invigorating class held in the pool improves cardio conditioning, muscular strength and endurance using the buoyancy and resistance of the water giving you a safe, effective, and fun workout! This workout also allows a break from the "impact" on the body without pounding your joints, ligaments, and tendons.

## **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, easy 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!

