

# GROUP FITNESS CLASSES: *STRENGTH AND CARDIO*

## Strength and Conditioning

Learn to lift heavy safely and effectively in our strength component, with a metabolic boosting finisher to burn calories for hours.

## LES MILLS BODY PUMP

This full-body workout uses only a bar and step to build strength and improve fitness. With expert coaching, you'll leave feeling stronger and energised.

## Bootcamp

Interval training that mixes calisthenics, cardio and weights. Workouts vary every week to keep you motivated and to keep the body guessing.

## Tabata

Short bursts of high intensity functional exercises, burning more calories in less time. Work at your own pace with exercise options to suit all levels.

## Core

Build a strong core in this freestyle class, targeting abs, glutes, and lower back with varied, adaptable exercises suitable for all fitness levels.

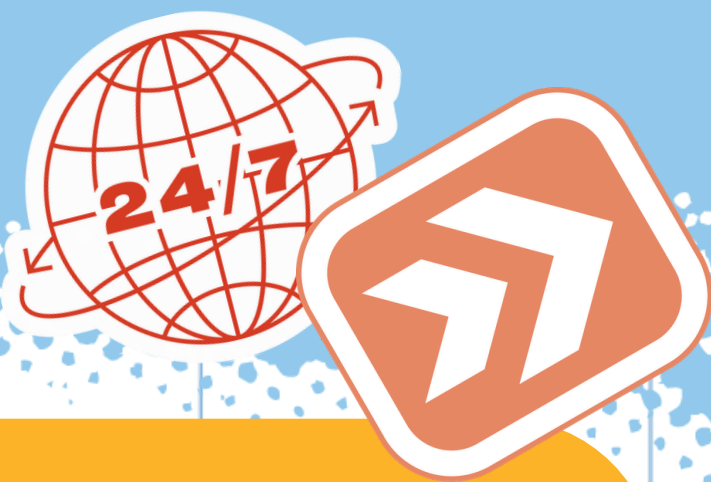
## LES MILLS BODYSTEP

BODYSTEP is a fun, upbeat workout combining step moves with squats, lunges, and bodyweight exercises for a full-body fitness boost

## LES MILLS RPM

The ultimate indoor cycling workout rides to powerful music, building stamina, strength, and speed through hills, flats, and interval training.

# GROUP FITNESS CLASSES: *MIND AND BODY*



## LES MILLS BODYBALANCE

BODYBALANCE is a new generation yoga workout with added elements of Tai Chi and Pilates that will improve your mind, your body, and your life.

## Yoga

This gentle yoga class focuses on stretching, simple breathing, and relaxation. It helps to improve alignment, build strength and flexibility.

## Stretch and Mobility

This class is designed to increase flexibility, improve range of motion and reduce stiffness in the muscles, joints, and connective tissues.

## Fit Over 50

Our over 50's program uses functional training to improve quality of life in a fun, social setting, with safe, supportive guidance from qualified trainers.

## Pilates

A Pilates class focused on spinal alignment, core and pelvic stability, flexibility, and stress release, with guided adjustments for safe and effective technique.

## Pilates Flow

Pilates Flow is a low-impact class that builds core strength, flexibility, and balance through controlled movements, improving posture and body awareness.