

GROUP FITNESS CLASSES:

1.0 Les Mills

Body Pump

BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit, fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven techniques. Pumping out encouragement, motivation and great music whilst burning up to 540 calories.

Body Combat

Step into a BODYCOMBAT workout and you'll punch and kick your way to your fitness goals. This high-energy martial-arts inspired workout is non-contact with no complex moves to master. Your instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress and burn up to 740 calories along the way.

Body Balance

Ideal for anyone and everyone, BODYBALANCE™ is the yoga-based class that will improve your mind, body and your life. An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises while you strengthen your entire body.

Body Balance Gold

A class for older adults and seniors provides gentle to moderate stretching sequence through a series of yoga moves, Tai Chi and Pilates. Working on breathing to help strengthen and stretch the body. Great for working on coordination and balance.

CX Worx

Exercising muscles around the core, CXWORX™ will help create a stronger body. A stronger core makes you better at all the things you do, from everyday life to your favourite sports it's the glue that holds everything together. A 30-minute workout with resistance tubes and weight plates, body weight exercises like crunches, and hovers.

RPM

RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories in a session. Your instructor takes you on a journey of hill climbs, sprints and flat riding. Spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your performance and boost your cardio fitness.

SPRINT

It's a short, intense style of training on the bike, where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results. The 30 minutes you put into a **LES MILLS SPRINT** workout drives your body to burn calories for hours.

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Zumba

ZUMBA is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training alternating fast and slow rhythms and resistance training. Zumba involves dance and aerobic movements performed to energetic and motivating music.

Zumba Gold

A Zumba based class for older adults and seniors, low to medium intensity that involves dance and aerobic movements to Latin and international music.

Yoga

A flowing and meditative class, YOGA is for healing and restoring balance within the mind, body and spirit. Poses are structured around alignment principles to ensure safe and optimal expression in each post. You will work on improving your muscle tone, strength, stamina and overall flexibility.

Vinyasa Yoga

Vinyasa is a type of yoga that links movement and breath to attain balance in the mind and body. From the Sanskrit “to place in a special way,” vinyasa aligns a deliberate sequence of poses with the breath to achieve a continuous flow. Inhalation is usually connected to upward, open movements, while exhalation is often tied to downward movements or twists.

Hatha Yoga

Hatha yoga classes use the breath to create a link between the body and the mind. Hatha classes build flexibility and strength while minimizing the chance of injury. This well-rounded style balances and opens the body. You will learn to still the mind and be present in the moment.

Pilates

PILATES will challenge your strength, flexibility and coordination with traditional and modern PILATES. Performed on the floor you'll feel strong, streamlined and invigorated after this thorough workout. Pilates has the power to transform your physical, emotional and spiritual state.

Spin

SPIN is an indoor cycling class that has great fat burning effects. It will improve your cardio fitness and endurance while you spin to great music! Helping push you through any of your barriers and achieve the fitness results you want.

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SMALL GROUP TRAINING:

Athlete is a high intensity class challenging you and including a combination of Power, Strength, Endurance and Cardio designed to push your limits and challenge your fitness as a whole.

Core (could also be categorised in Cross Training)

CORE focuses on your core strength and stability involving a variety of equipment including your own body weight. It will help you build and maintain a strong foundation; a strong foundation means a strong and functional body to achieve your fitness goals faster.

HIIT (Plyo/Cardio/Strength)

HIIT is a high-intensity interval training class to help increase your fitness levels through short intense bursts of activities and routines. This class will boost your metabolism and have you burning fat long after you've left the gym.

Boxing

BOXING is a high energy class that uses boxing techniques to give you a full body workout. It also works to improve your cardiovascular fitness and tone your whole body like never before. Never done any boxing before? No problem, this class is designed for all levels of fitness.

Teen Gym

Ages (11-15 years). A fitness class that guides and educates teens on the importance and impact of keeping a fit and healthy lifestyle. Incorporating body weight, weights and cardio training into the sessions with regular little fitness challenges to encourage participants to keep working on themselves and push themselves every session.

GOLD

Cardio group fitness class involving stretching and flexibility, GOLD involves strengthening aerobic exercise. With a highly qualified instructor, these classes are perfect for seniors and for entry-level participants just returning to the fitness.

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AQUATICS:

Deep Aqua

DEEP WATER AQUA classes use flotation weight belts for conditioning and toning exercises to help focus on core strength. With a variety of intensity options, these classes are perfect for a range of ages and fitness levels. From the first-time aqua members to experienced participants.

Warm Aqua

This class is conducted in a warmer pool to accommodate gentle moves at a steadier pace. Great for beginners and those moving on from rehabilitation.

Shallow Aqua

A shallow water program which uses the water's resistance to increase cardiovascular fitness as well as muscular strength and endurance.

Gold Aqua

A low impact and very light water resistance class designed to improve co-ordination, flexibility, balance and posture. Using light dumbbells, noodles and aqua designed equipment, exercises will increase strength and cardiovascular fitness.

Swim Fit

Swim Fit is a non-competitive fitness program designed for swimmers who want to develop their fitness level.

- The swimmers will generally swim between 1,500m and 3,000m per session.
- There are two lanes booked and the class can have a maximum of 10 people per lane.
- Your own swimming kit is required for every training session: swimming cap, fins, goggles and drinking bottle

Stroke Correction

A program focusing on improving swimming fitness and getting the most from your pool workouts. Thursday from 6:30 to 7pm is gym activity followed by a session in the pool.

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