

## STRENGTH + CARDIO

### FUNCTIONAL FITNESS

Improve strength, coordination, balance, agility, accuracy, flexibility, endurance and stamina, through push/pull, jump/squat, step, twist, and bend moves, using a variety of functional training equipment such as kettle bells, bosu balls, power bags, battle ropes and slam balls. Cross-fit style of training for total body fitness.

### CIRCUITS

A multi-station workout moving between different exercises to incorporate cardio, resistance and strength, with short rest times in between.

### LES MILLS BODYPUMP

Total body workout to music using light to medium weights to shape, tone and strengthen all major muscle groups.

### LES MILL GRIT

A 30-minute high-intensity interval training (HIIT) workout, designed to get results fast. Improve strength, cardiovascular fitness and build lean muscle using barbell, weight plate and bodyweight exercises to blast all major muscle groups. Scientifically proven workouts to high energy music.

### LEGS, BUMS, TUMS

Squats and lunges and ab exercises combine to work out your whole body to upbeat music and meet a bunch of new people along the way.  
Suitable for every ability level.

### BARRE FITNESS

A ballet-based workout, focusing on the posterior chain, for improved posture and improved strength in the feet, ankles, glutes and core.

### KETTLEBELLS

Swing, lunge and squat your way through a variety of exercises helping you to achieve a toned body while improving your strength, flexibility and stamina. Kettlebells come in a range of weights so you can find one to suit you and build your strength over time.

## GYM-BASED

### WOMEN'S WEIGHTS WORKSHOP

An introduction to plate-loaded and free weights, safely increasing load with a focus on technique

## SPIN

### LES MILLS SPRINT (V)

30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. A high intensity, low impact workout, it's scientifically proven to return rapid results.

### LES MILLS RPM (V)

A great way into virtual spin - fun, low impact, with great music and motivational Les Mills instructors on screen.

### LES MILLS THE TRIP (V)

Fully immersive, floor to ceiling screen for a 40-minute multi-peak cycling workout with a journey through digitally-created worlds.

### LIVE SPIN

Ultra-motivational, group cycling to music with variations in position on the bike to target different muscle groups. Suitable for all levels.

## WELLNESS

### LES MILLS BODYBALANCE

A great workout, incorporating flow yoga with a touch of core-based pilates, to improve flexibility, strength, and posture. A faster moving yoga class to increase muscle endurance, core strength and concentration.

### BEGINNERS YOGA

The best way to start with introductions to poses and breathing techniques, gradually improving agility and balance.

### FLOW (VINYASA) YOGA

Vinyasa is a style of yoga characterized by stringing postures together so that you move from one to another using breath.

### HATHA YOGA

A slower moving class, working through yoga poses and breathing techniques more slowly and with more static holds.

### POWER YOGA

Improve muscle strength and endurance with challenging poses, moving from one pose to the next quickly.

### YIN YOGA

Yin yoga is a type of yoga that involves passive poses that are held for an extended time.

### PILATES

Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility.