

CLASS DESCRIPTIONS

Les Mills Shapes: This is an invigorating blend of Pilates, barre, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. It's a low impact but intense way to heat up your training.

Les Mills Bodypump: The original barbell class - ideal for anyone wanting to get lean, toned & fit. Using light to moderate weights with high repetitions focusing on all major muscle groups, burn up to 540 calories.

Les Mills Bodycombat: This fiercely energetic cardio workout will leave you feeling totally unleashed. Inspired by kickboxing, muaythai, taekwondo and Karate - burn up to 700 cals.

Les Mills GRIT: A 30-minute HIIT workout designed to improve strength and build lean muscle. High intensity with a focus on either Strength, Cardio or Plyometric movements.

Les Mills CORE: A 30-minute class designed to increase your strength, improve posture and develop deep core stability, designed to complement all athletic disciplines.

Les Mills Dance: A fun-loving, insanely addictive dance workout. No dance experience required.

Les Mills RPM: A group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session.

Les Mills Thrive: is a low-impact strength workout focusing on lower body and core strength, flexibility, and balance. There are options for all abilities, from those who need balance support to those who want to add resistance.

Les Mills Body Balance: A new generation yoga that will improve your mind and body incorporating elements of Tai Chi and Pilates and free flow movements.

Zumba: Ditch the workout and join the party. Zumba allows you to completely lose yourself in the beat, leaving you fit and fabulous through Latin and International dance rhythms.

Konga: A 50-minute easy-to-follow, mood-elevating, high intensity fusion of Boxing, Cardio, Dance and Sculpting set to the hottest beats.

STEP: A classic upbeat cardio workout utilising steps to boost your heart rate. Vary the intensity of your workout by adjusting the height of your step.

Boxfit: A cardio-based boxing workout that includes boxing drills and bodyweight exercises that incorporate footwork and abdominal movement.

Yoga (Fast/Vinyasa): Our yoga professionals will guide you through 3 main elements - exercise, breathing and meditation to help you connect with body, mind and spirit.

Getlow: A beat-driven low impact workout designed to ignite your mind, move your body & improve your wellbeing. Functional movements ensure calorie burning and strength building

Bodysculpt: An aerobic workout utilising weights and steps - fantastic low impact strength building workout. Engage your major muscle groups tone with a focus on core, glutes and thigh.

Fall Prevention: Enhance your balance, stability through balance, strength and coordination exercises. Learn techniques to prevent falls and maintain independence! Perfect for all fitness levels.

Functional/Bootcamp: A workout focused on building a body capable of doing everyday movements. Squatting, reaching, pulling, and lifting will be made easier with functional fitness integrated into your exercise routine.

Gold Active: Gentle exercise designed to develop strength, flexibility, mobility and elevate the heart rate. Highly recommended for Active over 50's and new group fitness participants.



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PHYSIOLOGY**

Michael Clarke
Recreation Centre
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