

# LES MILLS

## **LES MILLS**

**BODYPUMP** - is a barbell workout for anyone looking to get lean, tone & fit-fast. Using light to moderate weights with lots of repetition gives you a total body workout. Scientifically proven move & techniques with encouragement, safety, motivation & great music. 540

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**BODYCOMBAT** - is a high energy Mix Martial Arts inspired workout that is non-contact that will get you fit fast and feeling strong. Kicking and punching your way into fitness while burning calories & releasing stress. 740

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**BODYFLOW** - is a Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a structured series of stretches, moves & poses to music creates a workout that brings the body into a state of harmony & balance.

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**BODYATTACK** - is a sports-inspired cardio workout for building strength & stamina. This high energy interval training class combines athletic aerobic movements with strength & stabilization exercises. 730

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**CXWORX** - is a 30 min workout exercising the muscles around the core making a stronger body for everyday life to your favorite sport. Using resistance tubes, weight plates as well as body weight exercises to tone the waistline and build a stronger core while toning glutes, hips and lower back.

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**RPM** - is a group indoor cycling workout where you control the intensity. It's fun, low impact with great music as your instructor takes you on a journey of hills climbs, sprints & flat riding. 675

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**SH'BAM** - is a fun-loving, insanely addictive workout- no dance experience required. Your instructor will guide you through a series of simple yet sassy dance moves, all set to a party playlist.

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**BODYSTEP** - is basic stepping to get a full body cardio workout toning butt & thighs. This upbeat rhythmic stepping includes squat & lunge patterns combined with burpees, push-ups & weight plate exercises for a fun uplifting workout with lots of options. 620

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**LES MILLS barre** - is a 30 min modern version of classic balletic training designed to shape & tone postural muscles, build core strength, combining cardio, strength with high reps of small range of motion movements & light weights.

**LES MILLS tone** - is a 45 min workout that includes a mix of cardio, resistance & core. It is a challenging mix of lunges, squats, functional training & tubing exercises with a wide variety of modification that can accommodate all fitness levels.

## HIIT (High-Intensity Interval Training)

**LES MILLS sprint** - is a 30 min HIIT workout using an indoor bike to achieve its result. It is a short, intense style of training where the thrill & motivation comes from pushing your physical & mental limits. A high intensity low impact workout that's scientifically proven to return rapid result.

**LES MILLS GRIT | STRENGTH** - is a 30 min HIIT workout, designed to improve strength, cardiovascular fitness & build lean muscle. Using a barbell, weight plate & bodyweight exercises to blast all major muscle groups, it combines cutting-edge HIIT with powerful music & inspiration from coaches that motivate you to go harder.

**LES MILLS GRIT | CARDIO** - is a 30 min HIIT workout that improves cardiovascular fitness, increases speed & maximizes calorie burn. Using a variety of body weight exercises it provides challenges and intensity, while combining powerful music with inspirational coaches to motivate you to go harder and get fit fast.

**LES MILLS GRIT | ATHLETIC** - is a 30 min HIIT sports conditioning workout, designed to make you perform like an athlete. Using a step, bodyweight exercises and multi-dimensional sports condition training to increase your overall athletic performance: strength, agility, speed & power. It takes cutting-edge HIIT training with powerful music and inspirational coaching.