

# Class Descriptions

## LES MILLS BODYCOMBAT

BODYCOMBAT combines moves and stances developed from a range of self-defense disciplines such as karate, boxing, Tai Chi, and kickboxing. It is a fiercely energetic experience taught in a safe and simplistic manner.

## LES MILLS BODYPUMP

A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study, BODYPUMP was verified by The University of Auckland as providing the fastest body fat loss of any fitness class.

## LES MILLS CXWORX

CXWORX™ is the intensely challenging 30 minute core workout that gets you results where it counts the most.

## LES MILLS RPM

Take the ultimate ride! RPM incorporates cycling, choreography and motivational coaching techniques to give you a completely safe, aerobic, adrenaline ride. Get in the zone and find out why RPM is totally addictive.

**SMIT** A high-intensity workout featuring heart-pounding conditioning and power moves. Through interval training, agility drills, and plyometric exercises, participants build lean and strong bodies.

**Boxing Bootcamp** This circuit-style workout combines traditional boxing moves with plyometric and body weight exercises to develop cardiovascular fitness, balance, strength, and coordination.

**Yoga** Our yoga classes introduce increased movement and breath connection to basic yoga postures. Focus is on alignment techniques, as well as connection to your breathing and relaxation and meditation skills.

**Cycle Fusion** A fusion of strength training intervals and groups cycling. In every workout, clients receive cardiovascular conditioning, endurance, strength boosting and flexibility training to maximize their results.

**Hi-Lo H2O:** A low impact but high intensity water aerobics class. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance. Exercises will be in shallow and deep water.

**Aqua Yoga:** A unique cardio workout class with a blend of Yoga and Pilates exercises in shallow and deep water.

**Water Walking:** This is 1-hour designed to give participants their choice of individual water fitness. Such as water walking or your own fitness water workout in the deep water or shallow end of the pool. This class is self directed.



## Group Exercise

### Winter 2020-2021

