

# PumpGyms

## CLASS DESCRIPTION

### **INSANITY**

Insanity is a total body workout that requires no gym or equipment. You exercise using your own body weight for resistance. The program is based on a fitness method called "max interval training." In traditional interval training, you exercise at a very intense pace for a short period of time, and then rest for longer periods in between. The idea is to increase your aerobic fitness level while burning fat.

### **KICKBOXING**

Kickboxing is a blend of boxing and karate, during these great classes you work on a variety of self defence and fitness techniques to help build your confidence and discipline.

### **YOGA**

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing, the main components of yoga are postures and breathing. Send your mind and body to a place of spiritual, mental and physical wellbeing.

### **FULL BODY BLAST / BODY BLASTER**

A HIIT workout using a variety of different equipment to push you to the limits.

### **BOXFIT**

Classes include a strength/cardio workout, boxing techniques, padwork, timed stations, music and lots of fun! Boxfit has been around for 20 years and are popular with men and women of all ages and fitness levels. The classes begin with a high impact warm up, so it is important to arrive in time for the start of the class. If muscle groups are not properly warmed up, you will not be ready to train effectively.

### **ABS ATTACK**

20 minutes of intense ab and core exercises.

### **LBT - LEGS, BUMS + TUMS**

Circuit based classes hitting the core exercises for your legs, bums and tums!

### **IMPACT BOX**

Step into an Impact Box workout and you'll punch and kick your way to fitness, burning calories along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. The instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ, channel your inner Rocky!

### **BOOTY BUILDER**

A great workout to strengthen and tone your legs and booty.

### **SPIN**

A challenging yet fun cardiovascular workout, on a bike, using a mix of flats, hill climbs, and sprints to burn lots of calories. It is suitable for most people and classes can be adapted to suit everybody.

### **ZUMBA**

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave the class.

### **CORE SHOCK**

Nothing but core work! 30 minutes devoted to flattening and sculpting that midsection. Hitting all the muscles needed to give you core strength, stability and those 6 pack abs!

### **BOOTCAMP**

Get pushed to your limits. Focusing on high intensity interval training to help you reach your goals.

### **FLEX 'N' STRETCH**

Want to loosen up? This 30-minute stretch class will help you touch your toes in no time!

### **GET FIT CIRCUITS**

A total body workout. Offering stations for strength, cardio, endurance, plyometric and core training. Great for burning calories, toning and shaping.

### **RIG FIT**

A HIIT training session all based around our jungle gym. Mainly focusing on functional training, helping you get the most out of your body in day to day life.

### **JOMBA**

JOMBA is a unique form of training.... because you're on a trampoline! It is the newest fitness 'craze' for adventurous professionals and fitness junkies to really push your comfort zone for you to have fun and really get the most from your fitness routine. A brilliant way to INCREASE your stamina, BURN lots of calories, BOOST your cardiovascular fitness and have FUN - all whilst looking after your joints, thanks to the soft trampoline surface.

### **PINK BELT KICKBOXING**

A unique, women only kickboxing initiative centred around empowerment. you will learn Martial Art's skills, self-defence, improve your fitness beyond expectations, improve

your confidence, change your body shape, decrease your stress levels, increase your energy levels, feel great, look great, make friends and more importantly, you'll be able to say, "I'm in control".