

# Pump Gyms

## CLASS DESCRIPTION

### **VIRTUAL RPM**

This 30 or 45-minute indoor cycling class is set to the rhythm of motivating music. It burns a lot of calories, gets you fit and leaves you feeling euphoric. This is led by a virtual trainer on one of our big screens, set inside its own purpose-built studio.

### **LES MILLS BODY BALANCE**

A Yoga, Tai Chi and Pilates inspired workout that focuses on flexibility and strength. This will leave you feeling calm and centred. Using the controlled breathing, concentration and a carefully structured plan of stretches and poses, this class provides a holistic approach to gaining harmony and balance.

### **LES MILLS BODY PUMP**

This is the original barbell class – a weights class for absolutely everyone. The 30 or 55-minute class gives you a total body workout and will make you toned, lean and fit. The class is split up into pieces, with separate tracks for different parts on the body, giving you a chance to really concentrate on areas.

### **LES MILLS BODY COMBAT**

A high energy martial arts-inspired non-contact workout. In the 30 or 55-minute class you'll learn how to punch, kick and strike your way to superior fitness and strength. A great class to improve your confidence as well as your health and fitness.

### **ZUMBA (VIRTUAL OPTION AVAILABLE)**

Mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility.

### **PILATES (VIRTUAL OPTION AVAILABLE)**

This class consists of exercises that use a mix of low-impact flexibility and muscular strength and endurance movements. You'll experience an emphasis on proper postural alignment, core strength and balance.

### **YOGA (VIRTUAL OPTION AVAILABLE)**

This class utilises an ancient form of exercise, focusing on flexibility, strength and breathing. A great way to improve physical as well as mental wellbeing. The class is delivered in 'postures', which are a series of movements, each designed to increase strength and flexibility and have a huge emphasis on breathing.

### **ABS**

A 20-minute class with one aim. To make a difference to the core. Here you'll work your abs, as well as strengthen your complete core. Great for improving your balance, muscular endurance and help to get definition to your stomach.

### **RIG FIT**

A 30-minute bootcamp-style class that uses our RigFit station, with a mixture of exercises designed to challenge you and help condition your body.

### **BLAST 20 & 40**

A 20 and 40-minute class of High Intensity Interval Training, designed to use functional training equipment, such as slam balls, free-weights, kettlebells and more. Great for improving your fitness levels. This is a full body workout and is ideal for those that really want to work on conditioning their body.

### **CIRCUITS**

This class targets every muscle group. These classes are always different and bring a huge variety of exercises to group training. If you want to burn calories and get a total body workout, this is the class you're looking for.

### **HIIT CARDIO**

Although this is much like the traditional HIIT class, you will find this session to focus much more on cardio-vascular exercise. This is purely a fitness-based class and will really get the heart and lungs working.

### **BOOTCAMP**

This is an opportunity to find a real challenge. A fast-paced class with a range of exercises, designed to get results fast. Modifications are always on offer for each exercise, meaning that this is likely to be the most accepting of all fitness levels.

### **LBT**

This conditioning class has been designed to work and focus on the legs, tummy and bum. This is a really affective class that will help you find great results in those areas.

### **HIIT**

The latest High Intensity Interval Training techniques with traditional 'old school' bodyweight exercises. This will set your metabolism on fire! This class enables you to work harder for less time, whilst still achieving great results.

### **SPIN**

This is an Indoor studio-based, group cycling workout, where you will be guided through high-energy music to your results. Travel with the group through hill tracks, sprint tracks, interval tracks and more! Find your inner athlete in this class.

### **SPIN BLAST**

This is a 30 minute version of Spin. This is ideal for those that have less time to train and can be squeezed into your lunch break!

### **ABS BLAST**

Much like Abs class, with a small twist. In this class, there is a lot less rest and the focus will be mainly on your abs. Get a sweat on and make them abs show.

### **BOX HIIT**

Boxing inspired, High intensity interval training class. This is a 30 minute class designed with the use of focus pad work focusing on fitness and conditioning.

### **PINK BELT KICKBOXING**

This is a unique, ladies-only kickboxing initiative, centered around empowerment. You will learn some martial art skills, self-defence, improve your fitness and your confidence. PBKB can help you change your body shape, decrease your stress levels and increase your energy levels.