

# PumpGyms

BEDFORD

## CLASS DESCRIPTION

### **LES MILLS BODY ATTACK**

This is a high-energy cardiovascular workout that is sports-inspired and designed to build strength, stamina, and an athletic muscle tone.

### **LES MILLS BODY COMBAT**

This is an explosive blend of mixed-martial arts that will help you achieve incredible results in only sixty days.

### **LES MILLS BODY PUMP**

The original barbell workout that strengthens and tones your entire body.

### **ABS BLAST**

30 minutes of intense ab and core exercises.

### **BOOTCAMP**

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

### **BOXERCISE**

Boxercise is a thorough full-body workout, which focuses on more than just the arms. This class involves upper body conditioning, which tones and strengthens the core, as well as cardio training, which improves stamina and heart functionality. As a result, Boxercise is a sure-fire way to achieve a lean, toned body.

### **COMBAT**

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!

### **FITNESS PILATES**

Pilates aims for elegant economy of movement, creating flow through the use of appropriate transitions. Once precision has been achieved, the exercises are intended to flow within and into each other in order to build strength and stamina and added bonus on working on your Fitness with a structured plan to reach your goals.

## **HIIT**

A high intensity interval training session, Burn lots of calories throughout this workout whilst toning up and improving your overall fitness.

## **INDUCTION**

Our inductions are totally free, so why not take this opportunity to ask our experienced trainer about how our kit works and most importantly how to use it safely and effectively to reach your goals.

## **FITNESS PILATES**

Fitness Pilates is more of a functional approach to the traditional Pilates class. It still applies the main principles of Pilates but it also involves more functional movement for every day life.

## **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.

## **SPIN & ABS**

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 + 15 minutes of intense ab and core exercises.

## **SPIN**

A challenging class carried out to music on specially designed bikes. A great way to improve fitness and stamina using a variety of cycling techniques.

## **STRETCH & RELAXATION**

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

## **TOTAL BODY WORKOUT**

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

## **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.

## **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.

## **ZUMBA TONE**

When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with

latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness party.

### **BOX HIIT**

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### **PIYO**

PiYo is a low impact, high-intensity body-transformation program, it uses the most effective Pilate & Yoga inspired moves set to a fast pace to help you burn fat while you sculpt long, lean muscles.