

Pump Gyms

CLASS DESCRIPTION

ABS ATTACK / BLAST / BURNER

A power class designed solely to work the abdominals. You will be shown a variety of techniques to burn fat and tone those abs.

BODY BALANCE™ - LES MILLS LIVE

Ideal for anyone and everyone, LES MILLS BODYBALANCE™ is the yoga-based class that will improve your mind, your body and your life. During BODYBALANCE an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.

BODY SHRED

This workout is based on fat burning interval training: 2 minutes of strengths exercises, 2 minutes of functional cardio exercises and 2 minutes of abs with 10seconds of rest between each exercise.

KICK-BOXING / BOXING CIRCUITS

An energetic and addictive form of exercise using correct technique in a variety of kicks and punches. Suitable for increasing fitness, stamina and great for toning.

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.

PINKBELT KICKBOXING

A class for all abilities, 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".

GROUP BOXING ACADEMY

Class that encompasses the technical aspects of boxing with core strengthening exercises. Learn boxing skills such as correct form in Jabs, Hooks, Uppercuts and many

more! while working at an intense pace. Push yourself to the limit and find the champion within you!

FIT TEST

Step into this weekly class ready to be completely tested to the limit. Come along and see how fit you think you are, with fitness tests involving **CARDIO, STRENGTH, MUSCULAR ENDURANCE, POWER AND MUCH MORE!** Are you ready to see how fit you are?!

TONE UP

Kick start your week with our early morning **TONE UP** class. Led by one of our experienced PT's. This class is suitable for all abilities with one guarantee of making sure you are worked! Ranging across all fitness systems. Don't miss out!

CIRCUITS

A full body workout. The studio is set up with various stations, you move around the stations working all muscle groups. This class will work cardio and strength all throughout one class.

BODY SHOX

An intense whole-body workout designed to hit every muscle group making sure you get the best workout. This class is designed to work your strength and cardio all within one session.

HIT 20/30

A high intensity interval training session in 20, 30 or 60 minute classes. Burn lots of calories throughout this workout whilst toning up and improving your overall fitness.

JOMBA

JOMBA is a unique form of training.... because you're on a trampoline! Simple! It is the newest fitness 'craze' for adventurous professionals and fitness junkies to really push your comfort zone (even further than they've been pushed before!), for you to have fun and really get the most from your fitness routine.

LBT – LEGS, BUMS, TUMS

A class focusing on legs, bums and tums. This workout will include weighted and body weight exercises along with some cardio but always focusing on these areas.

METAFIT

Metafit is the original group X HIIT workout. 30 minute, non-choreographed, bodyweight only workouts that set the metabolism on fire.

P90X

P90X Live is a total body, cardio and strength training class that uses body weight and dumbbells to build a strong, fit body and confident mind. A results-driven program, it utilizes the latest techniques to target balance, core strength, athletic ability and functional movement in everyday life.

PILATES

Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core and improving coordination and balance.

RIG FIT / FUNCTIONAL FIT

A circuit session using the RIG station on the gym floor. Within this session you will use all functional equipment such as battle ropes, dipping stations, slam balls, kettlebells, weighted bars and much more. You will work every muscle group whilst working on your overall fitness.

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 & TONE

A class that involves stretching whilst working all areas of the body. This class is slightly slower than some others but you are guaranteed to get a good workout.

SWEAT FIT

This 30-minute high-intensity interval training (HIIT) workout is designed to improve strength, overall fitness whilst building lean muscle. The workout uses barbell, weight plate and bodyweight exercises to cutting-edge HIIT combinations.

YOGA

Yoga is a series of precisely sequenced yoga postures that strengthen and purify the body, linked together by a unique kind of breathing which creates heat in the body, detoxifying with an internal fire & purifies the nervous system.

ZUMBA

Zumba combines Latin and International music with a fun and effective dance workout system. 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 class.