

# Pump Gyms

## CLASS DESCRIPTIONS

### **BARBELL BLAST**

A high-energy and transformative group fitness class revolving around barbells. This intense workout combines elements of strength training and cardiovascular exercises to blast fat, tone muscles and deliver the ultimate full body workout.

### **CIRCUITS**

Your traditional station-based circuits class; offering a variety of exercises and routines that mixes cardio and strength training. Targeting different muscle groups with minimal rest between movements, this class is great for burning calories and shaping your body.

### **COMBAT BLAST**

Step into the world of combat and feel like a champ as you punch and kick your way into fitter, healthier you! These high-energy martial arts inspired workout are sure to challenge you whilst burning calories, releasing stress, and smiling all the way through. Totally non-contact and no complex moves to master.

### **CORE SHOCK**

What it says on the tin. Flatten and sculpt your core through a range of exercises and varying intensities designed to strengthen your midsection.

### **FUNCTIONAL FITNESS**

Functional fitness can be a good way to combat restlessness and keep your body moving. Access your full, natural range-of-motion, and unlock unhindered function of your body. Functional fitness helps to improve balance, coordination, flexibility, muscle strength, and agility.

### **LBT**

Targets the legs, glutes, and abs, helping to burn calories while also toning muscle. Get fitter and improve athleticism. Training your lower body is a great way to improve muscle tone and maintain good balance and stability.

### **PILATES**

Pilates aims for elegant economy of movement, creating flow using 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.

### **POWER PUMP**

Fast-paced, barbell and bodyweight focused workouts that are specifically designed to help you build strength, burn calories, and tone up. The instructors will test your endurance with pulse raising exercises through high reps and variations targeting the major muscle groups of your body. A great way to get that PUMP and test your POWER.

## **HIIT**

A high-intensity workout interspersed with short rest periods designed to keep your heart rate up and burn fat. Using bursts of whole-body exercises, you are sure to test your limits.

## **STRENGTH CIRCUITS**

Get pushed to your absolute limits. A total body workout offering stations for strength and conditioning. Great for building strength and sculpting the body.

## **RIG FIT**

Prepare to test your endurance in these HIIT training sessions as you tackle the cardio killers, with multiple stations on our ultimate playground.

## **SPIN**

A full body workout on our stationary bikes that'll get your legs and heart pumping. Our instructors will navigate you through hill climbs, endurance pushes and sprints designed to burn calories and improve your performance. Classes adaptable to suit your ability.

## **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 posture and breathing. Awaken your mind and body with this spiritual class.

## **ZUMBA**

Dance away and burn a tonne of calories without even realizing it. Fun, energetic, and makes you feel amazing; mixing low-intensity and high-intensity moves for an interval-style, calorie-burning choreography. Boost your energy with a serious dose of awesome each time you leave this class.