

# Pump Gyms

## CLASS DESCRIPTION

### **ABS CIRCUITS/BLAST**

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

### **BARBELL BLAST**

A full body workout utilizing barbells and free weights. Get a total body workout using resistance designed to improve strength, build muscle, and develop all the muscles in your body.

### **BOOTCAMP**

Get pushed to your limits. Focusing on high intensity interval training to help you reach your goals. Incorporating military style exercises into a fun, high intensity, circuit style format.

### **BOXERCISE**

Boxercise is an exercise concept based on the training methods used by boxers. Sessions typically involve hitting focus pads, but no class involves hitting an opponent. It is a fun, challenging and safe workout which is great for stress busting, accessible to all ages and fitness levels.

### **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.

### **HIIT BLAST/TOTAL BODY HIIT**

High intensity interval training, a non-stop class to really get the heart rate up and the blood pumping. This will really focus on your cardio

### **KETTLEBELLS**

A complete full body workout using only Kettlebells. Designed to improve your functional fitness as well as increase your fitness. Kettlebells will test your stability and flexibility in a way you can't replicate using traditional free weights.

### **LBT – Legs, Bums and 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.

### **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**

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.

### **TOTAL BODY WORKOUT**

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.

### **VIBE STEP**

This is a back-to-basics step class that is easy to follow and lots of fun. It is perfect for beginners with lots of creative and simple step choreography. You can progress your skills as your confidence grows.

### **VIBE CYCLE**

Don't Just Ride...Feel the Vibe! Vibe Cycle is a great fun workout, everyone can ride a bike! Each participant is in total control of their own resistance level. It is a fantastic way of getting fit and burning plenty of calories.

### **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.