

Pump Gyms

CLASS DESCRIPTION

BODYPUMP™ - Les Mills Live + Virtual

This addictive workout challenges all your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. The key to BODYPUMP™ is THE REP EFFECT™, a breakthrough in fitness training focusing on high repetition movements with low weight loads.

SH'BAM™ - Les Mills Virtual

Featuring simple but seriously hot dance moves, SH'BAM™ is perfect for anyone looking to shape up and let out their inner star – even if dance isn't their natural thing. Set to a soundtrack of chart-topping popular hits, dance music heard in the world's hottest nightclubs, familiar classics remixed and modernized Latin beats, SH'BAM™ is the ultimate fun and sociable way to exercise. What's more, its modern soundtrack and fresh choreography will ensure it remains one of the hottest fitness programs around.

CXWORX™ - Les Mills Virtual

Based on cutting edge scientific research, CXWORX™ is the ultimate way to get a strong and toned core. Featuring integrated training techniques and resistance tubing for dynamic movements, CXWORX™ focuses on training muscles in the same way that they are used. Supported by the hottest soundtrack and inspirational coaching, this challenging workout delivers real results and takes core training to a whole new level.

BODYCOMBAT™ - Les Mills Virtual

BODYCOMBAT™ is the hugely empowering cardio workout where participants feel totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Tai Chi and Muay.

BODYBALANCE™ - Les Mills Live + Virtual

Combining Yoga, tai chi and Pilates, BODYBALANCE™ is a powerful workout that builds flexibility and strength. But that's not all. This holistic program offers so much more than simply a workout – it's your personal 'time out' from the stress and strains of daily life.

GRIT™ - Les Mills Live

LES MILLS GRIT™ is a 30-minute high intensity interval training (HIIT). There are three styles to GRIT, strength, cardio and plyo. With each using a variety of body weight, weight plate and barbell exercise to blast all muscle groups.

CALISTHENICS

A bodyweight strength and conditioning class. During this class you will use nothing but your own bodyweight to build a huge amount of raw strength and flexibility with movements like pistol squats, pullups, planches and much more. Calisthenics is a bodyweight strength and conditioning class.

IRON KING CIRCUITS

Circuit training is the “musical chairs” of the exercise world. Its pace may leave your heart beating hard, your body sweaty and your muscles burning, but you can adapt exercises to your current level of fitness.

SPIN

This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. Remember to bring a towel and water bottle!

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.

CROSSHIIT

An intense, challenging workout to strengthen your core. Both bodyweight and resistance exercises will be incorporated into this 30-minute session.

METAFIT

The Metafit is the original 30-minute, non-choreographed, bodyweight only HIIT workout. This class will boost your fitness, rocket your energy levels & get massive results in the shortest amount of time possible.

RIG FIT

Using all your primal movements squat, push, pull, rotate and carry this class will take you through a workout you'll never forget. Our rig and functional equipment make for a fun unique challenging workout.

LADIES ONLY WEIGHTS

This class is a variety of total body conditioning that involves both strength and core exercise. This class is designed to change each week to target all major muscles groups in a variety of ways. We utilize a mix of free weights, resistance bands and weighted bars.

TOTAL BODY WORKOUT

A 60-minute TOTAL BODY program that incorporates strength training, core work, cardio and flexibility. It challenges your entire body with high intensity, short duration and isometric exercises.

PRACTISE WITH A PT

Each session will be different, learn how to perfect those new, tricky and advanced exercises. You will be led through the key teaching points for exercises allowing you to safely add them to your training.

WEIGHT LOSS BOOTCAMP

Weight Loss Boot camp is a great way to workout with a group. It's essentially small group personal training, and you have the support of all the other members around you. You will see a wide variety of exercisers at a boot camp, each with different activity levels and fitness goals. Also offering bi-weekly weigh ins and lifestyle advice to help achieve whatever the goal may be.