

Pump Gyms

CLASS DESCRIPTION

BODYPUMP™ - Les Mills Live + Virtual

Is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

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 Live + 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 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.

FULL BODY BLAST

A high intensity interval workout using a variety of different equipment to push you to the limits.

AB ATTACK

20 minutes of intense ab and core exercises.

LBT - LEGS, BUMS + TUMS

Circuit based classes hitting the core exercises for your legs, bums and tums. Suitable for all fitness levels.

SPIN

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.

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.

CORE SHOCK

Nothing but core work! 30 minutes devoted to flattening and sculpting that midsection. Hitting all the muscles needed to give you core strength, stability and those 6 pack abs!

BOOTCAMP

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

TABATA

High intensity interval training! 4-6 exercises, 4 minutes on each exercise (20 on, 10 off), 8 rounds on each exercise. If you want to push yourself to your limits, give TABATA a go!

FLEX 'N' STRETCH

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

GET FIT CIRCUITS

A total body workout. Offering stations for strength, cardio, endurance, plyometric and core training. Great for burning calories, toning and shaping.

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.