

Pump Gyms

CLASS DESCRIPTION

BODYPUMP™ - Les Mills 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 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.

FULL BODY BLAST

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

AB CIRCUITS / BLAST

30 minutes power class designed solely to work the abdominals.

LBT - LEGS, BUMS + TUMS

A suitable class for all levels, aimed at toning the whole body using a variety of low intensity exercises and techniques.

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.

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.

BODYTONE

Aimed at toning the whole body using a variety of exercises and techniques.

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.

POWER BLAST

An energetic class designed to condition and tone, using a variety of different exercises to ensure the class consistently remains challenging. Suitable for both men and women of all fitness levels.

YOGA

Ashtanga 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.

BODY SHRED

Comprised of a 60 min total body workout. It's based on body shredding interval training: 2 minutes of strength exercises, 2 minutes of functional cardio exercises and 2 minutes of abs with 10 seconds of rest between each exercise using body weight and a pair of dumbbells.

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.

BOOTCAMP

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

BODY SCULPT

Slow controlled movements, working all muscle groups. Circuits based session using free weights and targeting each muscle group individually.

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.

POWER BLAST

An energetic class designed to condition and tone, using a variety of different exercises to ensure the class consistently remains challenging. Suitable for both men and women of all fitness levels.

HIIT / HIGH INTENSITY

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.

FULL BODY WORKOUT

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