

PumpGyms

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.

BODY BALANCE™ - LES MILLS LIVE

A combination of yoga, tai chi and Pilates. This workout will strengthen your body and core, also increasing flexibility.

BODY SHRED

This workout is based on fat burning interval training: 2 minutes of strengths exercises, 2 minutes of functional cardio exercises and 2 minutes of abs with 10seconds of rest between each exercise.

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.

CIRCUITS

A full body workout. The studio is set up with various stations, your move around the stations working all muscle groups. This class will work cardio and strength all throughout one class.

FULL 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.

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.

HIIT 20

A high intensity interval training session in 20 minutes. Burn lots of calories throughout this workout whilst toning up and improving your overall fitness.

JOMBA

JOMBA is a unique form of training....because you're on a trampoline! Simple! It is the newest fitness 'craze' for adventurous professionals and fitness junkies to really push

your comfort zone (even further than they've been pushed before!), for you to have fun and really get the most from your fitness routine.

LBT - LEGS, BUMS + 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.

METAFIT

Metafit is the original group X HIIT workout. 30 minute, non-choreographed, bodyweight only workouts that set the metabolism on fire.

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.

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.

STRETCH & TONE

A class that involves stretching whilst working all areas of the body. This class is slightly slower than some others but you are guaranteed to get a good workout.

SWEAT FIT

This 30-minute high-intensity interval training (HIIT) workout is designed to improve strength, overall fitness whilst building lean muscle. The workout uses barbell, weight plate and bodyweight exercises to cutting-edge HIIT combinations.

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.

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.