

# Pump Gyms

## CLASS DESCRIPTION

### **BODYPUMP™ - Les Mills Live**

BODYPUMP is a fast-paced, barbell-based workout that's specifically designed to help you get lean, toned and fit. It uses a combination of motivating music, fantastic instructors and scientifically proven moves to help you achieve these targets more quickly than you would working out on your own.

### **BODYCOMBAT™ - Les Mills Live**

BODYCOMBAT™ is a fun, empowering cardio workout where you will undergo a cracking workout, whilst relieving stress and raising your heart rate. This energetic class, available throughout our Fitness & Wellbeing estate, is strongly influenced by martial arts such as Karate, Boxing, Taekwondo, Tai Chi and Muay Thai.

### **BODYBALANCE™ - Les Mills Live**

Body Balance is a Yoga, Tai Chi and Pilates workout that builds flexibility & strength, leaving you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves & poses provides a holistic workout that brings the body into a state of harmony and balance.

### **BOOTY BUILDER**

The Booty Builder is designed to offer optimal workout of your gluteus maximus muscles and to help build stronger legs. It is based on the more traditional Hip-Thrust movement that provides optimal glute activation whilst also working your hamstrings and core.

### **HIIT**

HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

### **ABS BLAST**

A fun packed class designed to tone, build and strengthen the abdominal muscles. Abs Blast uses various skills and techniques to target the core muscles; including floor routines, full body stretches and fast-paced exercises.

### **SPIN**

A spin class is a high intensity cycling workout that generally takes place on a stationary machine with a heavy, weighted flywheel that is linked to the pedals. The result is a fixed

gear bike (like a track bike) – your legs are constantly moving and you have to apply pressure to slow them down.

### **ZUMBA**

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training – alternating fast and slow rhythms – and resistance training.

### **ULTRA FIT**

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.

### **CIRCUITS**

Circuits is a high energy and fast-paced class which involves working your way around different exercise stations performing each exercise as many times as you can in a set amount of time. Join in this classic class for a fun way to work out!

### **BOOT CAMP**

Boot Camp is a challenging, fun and supportive workout! The boot camp workout consists of cardiovascular conditioning (running or walking, plyometrics), strength training (weights, stability balls, resistance bands, medicine balls, Glides, kettle bells) and stretching.

### **BARBELL BASICS**

Barbell classes emphasize a wide range of muscle groups, including back muscles, core muscles, shoulders, arms and legs. Common exercise performed in barbell classes include squats, curls, shoulder presses and deadlifts.

### **FITNESS YOGA**

Incorporates stretch, strength and yoga postures. The class concentrates on movement, breathing to music and can improve strength and flexibility.

### **YOGA**

Each class will include a short study of the Yamas and Niyamas; Asana ,Pranayama (breath control); Pratyahara ( Sense Withdrawal); Dharana (Concentration); Dhyana (Meditation) and Samadhi (a state of Unity). Come ready to sweat, breathe and meditate and get centered.

### **PILATES**

Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility. Pilates moves tend to target the core, although the exercises work other areas of your body as well. A typical Pilates workout is 45 minutes to an hour long.

### **PINK BELT KICKBOXING**

PB Kickboxing is a female friendly form of martial arts that involves punches, kicks and teaching techniques. Training in cardiovascular exercise and has been shown to improve participants' VO2 max and decrease resting heart rate.

### **P90X**

A science-driven cardio and strength workout. This class uses proven training protocols, weights, and bodyweight movements to strengthen your body through blocks of work focused on cardio, the lower and upper body, and core.

### **STRETCH**

This class is for anyone who would like to increase their flexibility and range of motion. You will learn how to safely stretch your legs, hips, shoulders, and back while building the muscle and balance needed to use your flexibility.

### **RIG FIT**

The Rig Circuit is a functional based class carried out in our dedicated rig area on the gym floor. It is designed with the purpose of improving all areas of fitness such as cardiovascular, strength, flexibility, co-ordination, and agility.

### **LBT**

Legs, bums and tums is a full body aerobic workout that aims to tone up those flabby areas of your thighs, bum and stomach, great for those who want to lose weight or even for those who simply want to improve their fitness levels. Our classes generally start with a gentle warm up to get your body moving.

### **TRX**

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises.

### **SQUAT SCHOOL**

Squat school is designed to teach correct techniques as well as build strength and confidence. A squat is a strength exercise in which the trainee lowers their hips from a standing position and then stands back up. During the descent of a squat, the hip and knee joints flex while the ankle joint dorsiflexes; conversely the hip and knee joints extend and the ankle joint plantarflexes when standing up.

### **VIRTUAL POWERMUSIC RIP**

Virtual classes are a non-instructor led class hosted by our wexer system and played on a screen and speakers. RIP is the fastest growing functional barbell program, developed by the world's top choreographers using the most successful fitness music company on the planet. RIP is choreographed strength training that gets you and your participants results. Six songs challenge you for 30 minutes.

### **VIRTUAL POWERMUSIC POWER STEP**

Virtual classes are a non-instructor led class hosted by our wexer system and played on a screen and speakers. POWER STEP is a 60-minute step program designed to push your cardio edge into high gear and attack the legs in every plane of motion, both on the step and on the floor. POWER STEP strengthens the heart, increases bone mineral density, improves coordination, and tones the lower body, with every step you take.

### **VIRTUAL ZUMBA**

Virtual classes are a non-instructor led class hosted by our wexer system and played on a screen and speakers. Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — and resistance training.

### **VIRTUAL BEACH BODY PIYO**

Virtual classes are a non-instructor led class hosted by our wexer system and played on a screen and speakers. PiYo is designed to build strength, improve flexibility, and tone muscles—all in the same class! Using only your body weight, you'll perform a series of high-intensity moves (all without putting unnecessary stress on your body) while working every muscle for a long, lean, and incredibly defined physique.

### **VIRTUAL POWERMUSIC WAR**

Virtual classes are a non-instructor led class hosted by our wexer system and played on a screen and speakers. WAR makes a full attack on obesity and inactivity by getting you off the couch, out of your office, and into an exhilarating total body workout where a fusion of martial arts meets chart-topping music. WAR emphasizes control and technique, and provides you with phenomenal physical results.

### **VIRTUAL POWERMUSIC BOOT 19**

Virtual classes are a non-instructor led class hosted by our wexer system and played on a screen and speakers. BOOT is a unique cardio, strength, balance & flexibility class. It increases strength and heart/lung function, improves posture and increases flexibility. The objective is to continually “shock” the body, as research demonstrates that it is the most efficient and effective way to improve your cardiovascular system, lose weight and build muscle.

### **VIRTUAL BEACH BODY INSANITY**

Virtual classes are a non-instructor led class hosted by our wexer system and played on a screen and speakers. NSANITY is the cardio-based, athletic-style workout that combines the best of HIIT (high-intensity interval training) and strength moves designed to help you get fit fast! Each high-energy workout is packed with cardio drills, plyometrics, and bodyweight strength moves that help you get lean and strong.