

# Pump Gyms

## CLASS DESCRIPTION

### **BODYPUMP™ - Les Mills Live**

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.

### **BODYBALANCE™ - Les Mills Live**

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.

### **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.

### **CROSS HIIT**

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.

### **LBT**

Shape up and burn fat as you lunge, thrust and squat your way to fitness in this fun class using both weights and your own bodyweight. The routines will put your legs, bums and tums through their paces in a bid to trim down those areas we love to hate – trust us, your body will thank you for it.

### **BOOTCAMP**

Bootcamp is a great way to work out 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 bootcamp, 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.

### **PINKBELT KICKBOXING**

A unique, kickboxing initiative centered around empowerment. you will learn Martial Art's skills, self-defence, improve your fitness beyond expectations, improve your confidence, change your body shape, decrease your stress levels, increase your energy levels, feel great, look great, make friends.

### **YOGA**

Yoga is gentle in nature and for that reason is open to anyone. Yoga aims to achieve balance between the body and the mind through the use of physical poses, breathing techniques, and meditation. De-stress stretch out and improve your strength and flexibility, a great addition to any workout program.

### **CORE BLAST**

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!

### **STEP FITNESS**

A fast paced 30-minute HIIT class where all exercises are based around a step, a great FAT burner.