

Class Descriptions

	<p>Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 740 calories* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ. BODYCOMBAT is offered as a 55-minute workout.</p>
	<p>Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together. All the moves in CXWORX™ have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout trained instructors guide you through correct technique as you work with resistance bands and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.</p>
	<p>Ideal for anyone and everyone, BODYFLOW™ is the yoga-based class that will improve your mind, your body and your life. During BODYFLOW™, an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered. BODYFLOW™ is available as either a 55 or 45-minute workout.</p>
	<p>LES MILLS GRIT™ is 30-minutes of high-intensity interval training (HIIT) in three separate formats. GRIT™ Strength uses barbell, weight plate and body weight exercises to blast all major muscle groups improving strength and build lean muscle. GRIT™ Athletic has replaced Plyo with an increased focus on athletic conditioning – meaning we will now include speed, strength, and agility in the workout, with fewer plyometric jumps to build a lean and athletic body. GRIT™ Cardio uses a variety of body weight exercises and provides the challenge and intensity you need to improve cardiovascular fitness, increase speed and maximize calorie burn. All formats of LES MILLS GRIT™ take cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you motivating you to go harder to get fit, fast.</p>
	<p>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. It will burn up to 540 calories*. 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. BODYPUMP™ is available as either a 55, 45 or 30-minute workout.</p>
	<p>RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories in only 45 minutes*. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM™ workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness. RPM™ is a great way to build up your sense of personal achievement. You can draw on the group's energy and find your rhythm in the music. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race!</p>
	<p>LES MILLS SPRINT™ is 30-minutes of High-Intensity Interval Training (HIIT) using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. It's a high intensity, low impact workout, scientifically proven to return rapid results. The 30 minutes you put into a LES MILLS SPRINT™ workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.</p>
	<p>BODYSTEP™ is a full-body cardio workout to really tone your butt and thighs. In this 55 minute workout you can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push ups and weight plate exercises, and the result is a fun, uplifting, full-body workout! Don't worry, there's heaps of options so that everyone leaves feeling successful. Our knowledgeable and approachable instructors coach you through the workout. We play invigorating, hit music and inject a whole lot of fun and personality along the way. You can burn up to 620 calories* and you'll leave buzzing with satisfaction.</p>
	<p>If you want the optimal mix of strength, cardio and core training this is it. Step into a LES MILLS TONE™ class and you'll tick off a complete workout in 45 minutes. The challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level. Also a great foundational class, LES MILLS TONE™ has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful.</p>