

## CLASS DESCRIPTIONS

### **BODYBALANCE™ – Les Mills 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.

### **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 Thai.

### **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.

### **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.

### **BODYPUMP™ - Les Mill Virtual**

Body Pump 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. 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.

### **ABS BLAST**

30 minute power class designed solely to work the abdominals.

### **BODYTONE**

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

### **BOXERCISE**

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.

### **BODY SCULPT**

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

### **LBT - LEGS, BUMS AND TUMS**

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

## 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.

## 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.

## 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.

## LOW INTENSITY RESISTANCE TRAINING

Slow and controlled exercises working the full body. This helps tone the muscle as the movements are more controlled and the muscle is worked for a longer period.

## BODY SHRED

Class is comprised of 60min 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.

Park House, 15-23 Greenhill Crescent, Watford Business Park, Watford, WD18 8PH  
Email: [info@pumpgyms.com](mailto:info@pumpgyms.com)