

Class information (Receptionist Script)

BODY COMBAT

BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness. Like all the LES MILLS™ programs, a new BODYCOMBAT™ class is produced every three months with new music and choreography.

A TYPICAL CLASS

Your BODYCOMBAT™ instructor will lead you through a series of moves from a range of martial arts, to a series of different music tracks.

You'll begin by learning all the moves that will be used throughout the class, and warming up your body and mind for the battle ahead.

Visualise your opponent and unleash into a series of fight combinations. The focus is on speed, power and endurance. There will be time to recover as you prepare for the each phase, with a final fight for your life that will seal the deal on your fitness objectives.

Finally, you will take to the floor and cap off the workout with some strength training. Then it's payback time – stretch out those hard-worked muscles after your fight.

BENEFITS

- Improves heart and lung function and reduces the risk of heart disease
- Tones and shapes key muscle groups
- Burns calories for a leaner body
- Improves co-ordination and agility
- Improves bone density
- Improves posture and core strength and stability
- Builds self-confidence

HOW FIT DO I NEED TO BE?

BODYCOMBAT™ is for everyone with moderate fitness levels. And because the moves are simple, you don't need to be especially well coordinated. Just give it a go!

BODY PUMP

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! Like all the LES MILLS™ programs, a new BODYPUMP™ class is released every three months with new music and choreography

A TYPICAL CLASS

BODYPUMP™ is designed to improve strength and endurance in the major muscle groups and, in doing so, burn calories. We use carefully chosen music tracks to guide you through the class with maximum effect. The usual length of each class is 60 minutes.

BODYPUMP™ begins with a warm-up to get your body moving, using light weights only.

Your instructor will then guide you through the main part of the workout, focusing on each of the major muscle groups, including your chest, back, shoulders, and abdominals. We've got all the important muscles covered, and we guarantee you'll be feeling the burn by the time you're on to the cool down.

Lastly, down tempo music will accompany you while you stretch your muscles out to finish the workout and help reduce the risk of muscle soreness or injury.

BENEFITS

- Burn up to 600 calories per class for fat loss
- Improve your strength
- Improve your general fitness
- Shape and tone your muscles
- Improve your bone density (helps ward off osteoporosis)
- Come away feeling strong and confident

HOW OFTEN SHOULD I TAKE A CLASS?

Your muscles will feel a little sore after your first BODYPUMP™ class, but keep at it. It'll get easier, we promise! After your first few classes we recommend a maximum of two to three classes a week. Remember, your body needs recovery time between workouts, so rest for at least one day between classes.

BODY BALANCE

BODYBALANCE™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. Like all the LES MILLS™ programs, a new BODYBALANCE™ class is released every three months with new music and choreography. (For copyright reasons, BODYBALANCE™ is known as BODYFLOW™ in the USA).

A TYPICAL CLASS

Each class is made up of 45 minutes of simple but challenging exercises, followed by 10 minutes of relaxation and meditation

You will begin with easy, flowing Tai Chi moves to leave your day behind, center yourself and warm your body.

The instructor will then take you through various yoga and pilates sequences to strengthen and tone your key muscle groups. Poses and stretches are used to create suppleness and flexibility.

The final 10 minutes are set aside for the widely acknowledged mental and physiological benefits of meditation which also enhances the effects of the exercise.

BENEFITS

- Improve your joint flexibility and range of movement
- Increase your core strength
- Improve your cardio-vascular function
- Burn calories
- Reduce your stress levels
- Provide a lasting sense of well-being and calm
- Focus your mind and raise your level of consciousness

HOW OFTEN SHOULD I DO BODYBALANCE?

While you'll feel real benefits from coming to class just once a week, most people try to come three times a week. It's really up to you!

BODY JAM

BODYJAM™ is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as on breaking a sweat. Funky instructors teach you to move with attitude through this 55-minute class. So grab a friend, get front and center, and get high on the feeling of dance. Like all the LES MILLS™ programs, a new BODYJAM™ class is produced every three months with new music and choreography. Each new class will be a different dance experience depending on what's current and hot.

A TYPICAL CLASS

Think dance school. Loosen up and get ready to jam!

Your instructor will first take you through a warm up with simple moves designed to work one body part at a time, from your shoulders, to your chest, to your hips.

You'll then move onto the rehearsal phase, where you will try some uncomplicated but ultra-fun dance combinations that follow the latest music and hottest dance trends. Each rehearsal phase is followed by a complete bust-out performance where you go crazy with the moves you've just learned. Following these you'll get to take a breather in the recovery phases.

The final groove down brings you to the end of the class, with plenty of stretching for your sore muscles.

BENEFITS

- Bust some moves and feel the burn.
- Get fit and burn lots of calories
- Improve coordination
- Get hooked on dance
- Feel the emotional high from this unique form of self-expression

CAN I DO IT?

Of course! BODYJAM™ is a dance workout designed around repetition – all you need is basic rhythm and coordination and a love of dance. Your instructor will help you master the moves. You can also check out our Learn the Moves section for help on individual moves. BODYJAM™ is for people of all levels of fitness, and we promise you'll get fitter doing this class regularly.

BODY VIVE

BODYVIVE™ is the low-impact, whole body group fitness workout that uses VIVE™ balls, VIVE™ tubes and body weight to boost fitness and core strength. There are inspirational instructors and music to motivate you. Best of all, you're left fizzing with energy, so you can really take life on! Like all the LES MILLS™ programs, a new BODYVIVE™ class is released every three months with new music and choreography.

A TYPICAL CLASS

BODYVIVE™ is an all round low-impact workout that lets you choose just how hard you work. It's ideal for those new to group fitness, those returning to exercise or rehabilitating after an injury, pre and postnatal mothers, and active adults who want the benefits of improved cardio fitness, strength and flexibility.

The opening heart fitness section uses the VIVE™ ball to help you work on mobility, flexibility, cardio and agility. We also incorporate some easy dance moves to keep the fun levels up, team you up for a walk track then ease down into some relaxing Tai Chi and yoga.

The next focus is functional strength. The VIVE™ tube helps you to work on different sets of muscles. You'll also improve your posture and leg strength with some balancing exercises.

Next you will work your abs with Pilates-based moves and the VIVE™ ball, then get down on the floor to work on your back strength. Then it's time to unwind with some long, slow stretches to take you to the end of the class.

BENEFITS

- Improved muscular strength and endurance
- Increased heart fitness
- Improved flexibility and range of movement
- Better agility and balance
- Improved posture
- Weight loss through elevated calorie expenditure
- Reduced risk of bone and joint degeneration
- General wellness and 'feel good' benefits

HOW FIT DO I NEED TO BE?

You don't need to be fit, just physically active and able to move freely. You'll find your strength and agility improves over a number of sessions.

BODYVIVE™ works for you – it all depends on how hard you push yourself. It can certainly work up a sweat if you want it!

STEP

STEP is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body. New STEP class is released every three months with new music and choreography.

A TYPICAL CLASS

Each of the music tracks in a STEP class has a specific exercise focus. Together they create an energizing, full body workout. Remember that STEP caters to all fitness levels (DEPENDANT ON LEVEL OF CLASS) and you can increase or decrease the intensity of the workout by raising or lowering the height of your step.

A typical STEP class will first take you through a warm-up, and then it's onto the basic movements, where you'll learn how to step correctly. We'll gradually lift the intensity and range of movement.

You will then start to break a sweat as you lift the energy and your heart rate up to the first two fitness peaks, each followed by recovery time that focuses on strength and toning. Next is the party track, followed by the speed track. The third and final cardio peak gives you the option to really push it. This one is a physically challenging combination of moves so remember to give it all you've got. Phew! You'll then be able to catch your breath and move to the floor for conditioning work on the upper body and abdominals. Then you'll stretch it out as you cool down after an intense workout

BENEFITS

- Burn lots of calories for a leaner body
- Improve your strength through core conditioning work
- Raise your overall fitness levels
- Improve your coordination
- Improve your bone health and density
- Increase your heart and lung capacity through a full-body cardio workout

HOW COORDINATED DO I HAVE TO BE?

It usually takes a few STEP classes before you start to feel comfortable on the step, but don't give up! With each class you attend you'll feel more at ease and eventually totally alive with STEP. Start on a low step height and focus on your feet before trying the arm movements. If you get lost in a move, continue stepping with a move that you feel comfortable with until you feel up to the challenge.

STUDIO CYCLE

STUDIO CYCLE is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

A TYPICAL CLASS

Your CYCLE instructor will lead you and the pack through a journey choreographed to inspirational music and incorporating riding positions and speeds to suit the terrain.

At the beginning, the pace is easy and the resistance light, to get your legs warmed up.

Speed and intensity increase as you work towards your top personal pace. You'll warm up your climbing muscles, then hit a series of full-on hill climbs that test your strength and cycling time trials that test your endurance. There will be time for recovery, just enough to give you the energy to push through the next challenge.

At the end of the class you will finish the journey and ride home together. Recovery is the name of the game, including the all-important stretch.

Benefits

- Increase your cardiovascular fitness
- Burn fat
- Tone and shape your legs, hips, and butt
- Increase leg strength and muscular endurance without building bulk
- Burn up to 600 calories in a normal 45-minute structure
- Release endorphins to leave you with a natural high

HOW FIT DO I NEED TO BE?

You have the ability to control the intensity of the workout, which means riders of all capabilities can work out together. The more you ride, the fitter you'll become. There are also various levels of classes so beginners can get used to the cycles.

AB ATTACK

Looking for a short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body? Ab Attack is for you!

- Based on cutting-edge scientific research
- Brand new 30-minute format
- Combines the best of personal training with the energy of a group fitness class
- Choreographed routines and chart-topping music that'll bring you back for more

Attack really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

It'll help you run faster ... play harder ... stand stronger!

No ordinary workout, Ab attack hits many of the top fitness trends:

Core training
Strength training
Functional fitness
Educated and experienced fitness professionals
Group personal training

BENEFITS

- A quick, efficient workout in 30 minutes
- A tough workout that challenges you mentally and physically
- Tightens and tones core muscles
- Improves functional strength for balance, mobility and injury prevention
- Better understanding of how the core works and its importance to your physical health
- Motivates you to venture outside your comfort zone

HOW FIT DO I NEED TO BE?

Ab attack is low impact and low cardio. Just bring your strength and determination! This class caters to all levels.

FLEXIBAR

Vibration Training is the act of passing vibrations of a particular frequency through the body to elicit a series of unique muscular responses. By affecting the deep muscles of the body, particularly those that attach to the spine, Vibration Training has proven to have a very positive effect on muscular injuries, muscular strength, joint mobility, weight loss, injury recovery and injury prevention.

The nature of the contractions effects the muscles in a very specific way; working the whole body as 1 unit rather than working specific body parts. This type of wholistic training is a revolution in fitness and will change the way you currently workout.

There are many exercises you can do with FLEXI-BAR®. You can target ANY area of the body that you would like to improve; including the chest, back, biceps, triceps, abdominals, lower back and legs.

We also have specific exercises to improve your co-ordination and balance, which can be become an issue for elderly and less mobile individuals. Athletes will also find specific exercises that will strengthen the muscles of the core.

ZUMBA

Zumba® is currently one of the Worlds fastest growing fitness programmes. It fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked.

So what are you waiting for?

A TYPICAL CLASS

The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavour and International zest into the mix and you've got ZUMBA!

In the past years Zumba has become nothing short of a revolution.

Coining the concept of "fitness-party" and making fitness fun, Zumba has spread like wild-fire, and has positioned itself as the single most influential movement in the industry of fitness.

As of July 2009, Zumba is taught at over 40,000 locations, in 75 countries, has sold millions of DVD's and has an astonishing 5 million students practicing Zumba on a weekly basis.

Why? Because it's the best party around.

Zumba® is fun...it's the type of exercise you'll want to do everyday and feel good about doing it!

It's different. You probably never thought you'd be exercising to this type of music.

It's effective. It is an aerobic workout, which we all know works. But it's more fun, which will make you stick with the program until you get results.

For more information on Zumba click on the link below

Let's face it, working out can be healthy, rewarding, beneficial...working out can be lots of things, but its' never been known to be much fun... UNTIL NOW!

HOW FIT DO I NEED TO BE?

Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN and EASY TO DO!

Our goal is simple: We want people to want to work out, to love working out, and to get hooked. By integrating Zumba into everyday life individuals may achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric burning, heart racing, muscle pumping, and body energizing movements meant to engage and captivate for life!

Boxing for fitness

Boxing for fitness is based round the basics of boxing form throwing punches at another person holding the pads using different variations of combinations. Correct boxing training not only works all parts of the body but also all aspects of fitness such as cardiovascular fitness, muscular endurance, muscular strength, stamina, co ordination and power, as well as learning exciting and new boxing techniques you will also do fitness drills as part of your boxing rounds

A TYPICAL CLASS

A gradual warm up will be done over 10 minutes to get the muscles loosened and to raise the body temperature.

In a class you will do 4 rounds of boxing with a partner lasting 3 minutes in each round, your partner will be holding the pads for you, each taking a turn after every 3 minutes. This does not mean that when you are holding the pads that you wont be working there are the fitness drills to be done.

Cooldown and stretches also done over 10 minutes to slowly lower the heart rate it is well needed.

BENEFITS

- Improves heart and lung function and reduces the risk of heart disease
- Tones and shapes key muscle groups
- High energy and calorie expenditure in a shorter time
- Strength and endurance gain
- Improves co-ordination and agility
- Improves bone density
- Adaptable to aerobic and anaerobic training
- Improves posture and core strength and stability
- Builds self-confidence

HOW FIT DO I NEED TO BE?

Boxing for fitness comes in a few different levels please make sure that you book onto the correct level depending on your fitness and experience.

Kettlebell class

The kettlebell is a cast iron ball with a handle attached to the top. Unlike a dumbbell, the centre of mass is outside the handle, this means that the kettlebell is constantly pulling away from you. This means your whole body has to compensate to stabilise, recruiting just about every muscle group to work together.

With certain exercises the body has to develop, overcome and absorb momentum, increasing cardiovascular fitness, muscular endurance and power.

A TYPICAL CLASS

In a kettlebell class you will have a warm up lasting 15-20 minutes, this will consist of some cardio exercises to warm the body then there will be lots of different stretching exercises both upper and lower body to get the muscles firing before picking up a kettlebell.

Next you will learn the 2 arm swing 1 arm swing and corrective techniques for these movements, and finishing the class off with a kettlebell circuit.

Kettlebells are a very progressive training tool you will learn different techniques as the weeks progress including the clean the snatch and the turkish get up.

Cooldown consisting of dynamic and static stretching for 10 minutes

BENEFITS

- Burn up to 800 calories per class for fat loss
- Improve your strength and muscular endurance
- Improve your general fitness
- Shape and tone your muscles
- Improve your bone density (helps ward off osteoporosis)
- Come away feeling strong and confident
- Free moving multi planar body movements
- Increase functional strength
- Great for strength training
- Great for sports training

HOW FIT DO I NEED TO BE?

Kettlebells can be adapted to different levels of fitness.

Aqua aerobics

The exercise principles for shallow and deep water workout are very similar, they mix both cardiovascular and resistance training to give you an all over body workout.

Shallow water workout is at transitional depth (between navel and nipple) and in deep water your feet do not touch the floor. A participant in a deep water class is aided with a waist belt; this goes around the front of the body and keeps them a-float throughout the class.

Water based exercise is a good way of getting high intensity training without the high impact.

A typical class

A class always starts warm-up to prepare the body for exercise; involving both cardiovascular moves and stretching. It then has an element of cardio training mixed with resistance. We use the resistance of the water with different hand grips and also add in dumbbells to increase intensity and add variety.

Benefits

Weight loss

Tone

Functional strength and ability

Rehabilitation of joints through low impact training

Post-natal

How fit do I need to be?

Throughout the class the participant can choose their level of intensity. Each move can be preformed with speed and power but also can be bought down to level 1 if the participant is tired. The instructor will display the different levels of intensity.

We have swimmers and non- swimming, fitness professionals and beginners so they class is open to everyone.