

## **LES MILLS RPM**

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 a session.

## **LES MILLS BODYBALANCE**

BODYBALANCE™ is the yoga-based class that will improve your mind, your body and your life. During BODYBALANCE an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.

## **LES MILLS BODYCOMBAT**

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.

## **LES MILLS CXWORX**

Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. You work with resistance tubes and weight plates along with body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

## **LES MILLS BODYPUMP**

BODYPUMP™ 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.

## **LES MILLS SH'BAM**

A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can.

## **LES MILLS sprint**

SPRINT™ is a 30-minute HIIT workout, 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. A high intensity, low impact workout, it's scientifically proven to return rapid results.