



LES MILLS  
sprint

**LES MILLS SPRINT™** is a 30-minute High-Intensity Interval Training (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. It 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.



LES MILLS  
BODYPUMP

**BODYPUMP** is for anyone looking to get lean, toned, and fit—fast. Using light to moderate weights with lots of repetition, this class gives you a total body workout. It will burn up to 590 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.



LES MILLS  
BODYSTEP

**BODYSTEP** is an athletic workout with high-intensity intervals followed by muscle-conditioning tracks that will shape and tone your entire body and push your fat-burning systems into high gear. 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.



LES MILLS  
BODYFLOW

**BODYFLOW** is the yoga-based class that will improve your mind, your body, and your life. It is ideal for anyone and everyone. 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. Happy.



LES MILLS  
BODYCOMBAT

**BODYCOMBAT** is a high-energy, martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.



LES MILLS  
BODYATTACK

**BODYATTACK** is a high-energy fitness class with moves that cater to total beginners AND total addicts. We combine athletic movements like running, lunging, and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to 730 calories and leaving you with a sense of achievement.



LES MILLS  
RPM

**RPM** is an indoor cycling class, set to the rhythm of motivating music. Burn up to 620 calories a workout and get fit fast. Learn all the basic cycling moves like standing up, sitting down, changing hand positions, speeding up, and slowing down. You control your own resistance levels and sprint speed so you can build up your training level over time. If you want a true sense of achievement, get into a RPM class today.



LES MILLS  
CXWORX

**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 tubes 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.



MIXXEDFIT

MIXXEDFIT is a people-inspired dance fitness program that mixes explosive dance moves with boot camp toning.



**YOGA** is designed to strengthen the body through an intense focus on the body's core (trunk) and its stabilizing muscles while simultaneously promoting enhanced flexibility--longer, leaner muscles! By utilizing mind-body movements and breath control, yoga will encourage a strong, aligned, and stress-reduced body. This class will change the way you feel about your body. You will stand straighter, feel stronger, and become more flexible and physically aware. Designed for all fitness levels.



**ZUMBA** 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, and to get hooked. Zumba® Fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!