

# CLASS CONTENT DESCRIPTIONS SPRING 2024



## HYROX WOD

Firstly... what is HYROX?

*"HYROX combines both running & functional workout stations, where participants run 1km, followed by 1 functional workout station, repeated eight times.*

*Each race is hosted indoors in expansive exhibition halls, creating an immersive and electrifying race, where your spectators can support you from the very beginning to the very end.*

*This race format remains consistent across the globe, enabling global leaderboards & a cumulative World Championships at the end of each race season.*

*Accommodating both professional athletes, and everyday fitness enthusiasts looking to take their training to the next level, HYROX is the sport for everybody."*

The HYROX WOD (WOD Means 'Workout of the Day') is a class inspired by HYROX and the movements that are part of the race. So, of-course we have curve runners to simulate the run, but we also have the facility to help you train for all the other movements; Ski Erg, Sled Push, Sled Pull, Space for Burpees, and Broad Jumps, Farmers Carries and Weighted Walking Lunges, Rowing Machines and Wall Balls.

The class will be on the gym floor take the form of a high intensity functional circuit or an AMRAP (As Many Rounds As Possible) And will also use some of the movements mentioned above along with other functional movements that are inspired by the HYROX ethos and by 'CrossFit-Style' functional fitness. It's a high-octane functional training class that always has applications HYROX performance in mind!

## FUNCTIONAL CIRCUIT

Typically working in pairs this is the quintessential Functional Fitness class. A Functional 'Circuit' involving a constantly varied list of movements. The timings are varied too. Varying work time, rest time and order and combination of an almost limitless portfolio of Functional Training disciplines. For example, let's say, Sled push, Bike Erg, Med Ball Thrusters, Olympic Barbell Complexes, Air Bike, Sprints, Burpees to Box, Dumbbell Cleans, and so many more.

## BOXERCISE

With Dave. Boxercise is a classic! A class of real fun and intensity. Boxing techniques, burning shoulder muscles, serratus muscles, triceps, back, core. And this is a cardiovascular workout to leave you with lung burn and a very sweaty brow! A superb all-rounders class brought to you by a very talented fitness coach!

## INDOOR CYCLING

Fun and diverse in its style and structure. The indoor cycling class is a constantly varied cycle class with fun playlists and a less formal approach. A superb 'way-in' to indoor cycling while being a superb cardiovascular challenge. A great workout!

## LES MILLS SPRINT

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.

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.

## LES MILLS RPM CYCLE

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. 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!

## LES MILLS BODYPUMP

BODYPUMP is THE ORIGINAL BARBELL CLASS, the ideal 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-backed 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 BODYBALANCE

Ideal for anyone and everyone, 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. 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 centred. Happy.

## SENIOR CIRCUITS

On the gym floor, we set aside a session dedicated solely to up to 20 'senior' participants allowing people to take part in a full body 'circuit' using a wide range of equipment and gym. This class is targeted at a pace suitable for all and of course options will be available dependent upon ability. Occasionally the class will move up to the first-floor class space for a session dedicated to core training.

