

Les mills virtual classes

It all started with one man. In 1968, four-time Olympian Les Mills started his first gym in Auckland, New Zealand. It was a simple operation, basic strength and cardio training for a small community of athletes. Now, 50 years on, it is the hub of a global revolution – a vibrant destination where the world's top fitness talent create new ways to get fit, combining music with movement and then taking it to the world.

Over time, the suite of LES MILLS programs has grown. These days Les Mills' offers everything from yoga to cycling, dance, martial arts, HIIT and more – and every three months we create new music and moves to ensure our tribe stays motivated and ahead of the game.

BODYPUMP – this is a weight class for absolutely everyone. This form of weight training will make you toned, lean and fit. Instructors will show you all the move and techniques to make your first class safe and fun. You will leave feeling challenged and motivated, ready to come back for more.

Benefits:

- Shape lean, athletic muscles
- Bum calories
- Improve strength endurance
- Build your core strength



BODY BALANCE – is a new yoga class for anyone and everyone. Its uses a range of movements and motion set to music that will improve your mind, your body and your lifestyle. If you haven't tried yoga before then body balance is a great introduction that compliments all other forms of exercises.



Benefits:

- Improves strength and flexibility
- Physical and mental benefits
- Leave feeling serene and relaxed

SH'BAM – a fun-loving, insanely addictive dance workout. Sh'bam is an ego-free- zone – no dance experience required. Just bring a playful attitude, an open mind and a cheeky smile. Your instructor will guide you through simple (yet sassy) dance moves, all set to a party playlist.

Benefits:

- Master simple dance moves
- Have fun whilst working up a sweat
- Build confidence



- Good cardio workout

GRIT STRENGTH – is a strength 30-minute high-intensity interval training (HITT) workout that improves strength and builds lean muscle. This workout uses barbell, weight plates and body weight exercises to blast all major muscles groups. It will push you to your limits, allow for optimal recovery and the push you again even further.

Benefits:

- Rapidly improves strength
- Increase lean muscle
- Puts your metabolism into overdrive
- Forget hours of training 30-minutes twice a week is all it will take
- Train at your own pace with a motivated team around you driving together towards great results



GRIT CARDIO – is 30-minute high-intensity interval training (HIIT) workout that will improve cardiovascular fitness, increase speed and maximise calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. Your coach will be down on the floor with you, motivating you to go harder to get fit.



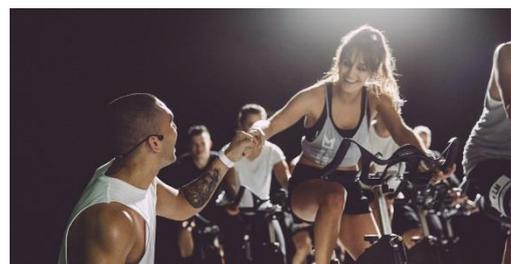
Benefits:

- Rapidly improves cardiovascular fitness
- Increase speed
- Maximise calorie burn
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- Train at your pace with a motivated tea around you driving to get great results

SPRINT – is built on the science of high-intensity interval training (HIIT), using the bike as the equipment. It's a quick 30-minute, hard style of training that returns rapid results with minimal joint impact. The payoff is you burn calories for hours after a good (HIIT) workout.

Benefits:

- Build lean muscles and train your body to burn fat
- Faster cardio results than with steady state training
- Short and intense – all done in 30minutes



- Build mental toughness and build it fast