



LES MILLS BODYATTACK

Intensity ●●●●●
Complexity ●●

BODYATTACK is the sports-inspired cardio workout for building strength and stamina. This high energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to hard core competitor.

LES MILLS BODYBALANCE

Intensity ●●
Complexity ●●

BODYBALANCE is the yoga, Tai-Chi, Pilates workout that builds flexibility & strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretched, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

LES MILLS BODYCOMBAT

Intensity ●●●●
Complexity ●●●

BODYCOMBAT is the empowering cardio workout where you are totally unleashed. This fiercely energetic programme 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, strike, punch, kick and kata your way through calories to super cardio fitness.

LES MILLS BODYPUMP

Intensity ●●●●
Complexity ●●●

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 exercise like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weights inspire you to get the results you came for - and fast.

LES MILLS BODYSTEP

Intensity ●●●●●
Complexity ●●●●

BODYSTEP is the energising 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.

LES MILLS RPM

Intensity ●●●●●
Complexity ●

RPM 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 the hills, flats, mountain peaks, time trials and interval training. Discover your athlete within - sweat and burn to reach your endorphin high.

Lincoln CIRCUIT

Intensity ●●●
Complexity ●●●

Circuit training uses resistance training, cardio and body weight exercises for a set period of time switching from one exercise to another in a series with a total of 10 exercise in a round. Participants will be individually and group coached throughout the exercises. Individuals can make each exercise as hard or as easy as they see fit.

Lincoln CHISELED

Intensity ●●●●
Complexity ●

CHISELED is a new half hour class that is dedicated to the powerhouse. It is guaranteed to challenge the core(abs, back and butt) using body-weight and dyna band work.

Lincoln YOGA

Intensity ●●
Complexity ●●

FLOW YOGA is the perfect class for stretching and strengthening your entire body. This class will not only strengthen and stretch your body, it will also focus on your Mind and Spirit, promoting increased awareness, vitality and inner peace.

Lincoln ACTIVE KIDS

Intensity ●●
Complexity ●

ACTIVE KIDS is a class for 3 - 5 year olds that is great for improving fitness, co-ordination, strength, balance, flexibility, confidence and for tiring out those little ones. Classes run with the school term and cost just \$3.50 per child per session. For more information please contact reception.

ZUMBA FITNESS

Intensity ●●
Complexity ●●

ZUMBA is a class that is loaded with South American music, pulsating Latin rhythms and easy to follow routines. This invigorating dance-fitness party will have you movin', groovin' and shakin' the weight off to the upbeat beats of Salsa, Cumbria, Samba, Merengue and more.

Lincoln ACTIVE SENIORS

Intensity ●
Complexity ●

ACTIVE SENIORS is a class that includes a combination of easy low impact dancing, strength training, circuit, sport skills, piliates, Tai-Chi and stretching. This social class varies week to week. For more information please contact reception.

LES MILLS BODYVIVE

Intensity ●●●
Complexity ●●

BODYVIVE is a the low impact, whole body group fitness workout that uses tubes and body weight to boost fitness and tone all the major muscle groups. With inspirational instructors and music to motivate you BODYVIVE will leave you fizzing with energy

Lincoln BOXING

Intensity ●●●●
Complexity ●●

BOXING is a 30 minute, high intensity, non-contact, full body workout incorporating simple moves to allow your body to train to its full potential. Movements will include squats, lunges, press-ups, crunches and boxing inspired exercises. This class will lift the heart rate and add variety to your workout