

# classdescriptions

Discover the full range of live classes at bstFitness. From intense bootcamp-style sessions to relaxing Pilates, there's a class for everyone!

## AQUAFIT

This class is situated in the pool. AquaFit uses water for resistance, which has minimal impact on your joints. Perfect for members of all ages and fitness abilities.



This class is situated in the pool. A low-impact, highly energetic aquatic workout blends AquaFit with the popular Zumba® class and its philosophies into this brand new water-resistance class.

## BOXFIT

BoxFit is a low-impact, high-energy workout that incorporates solid pad work, weight training and conditioning, functional and circuit training with an emphasis placed on boxing.

## BOOTCAMP & HIIT BOOTCAMP

**HIIT Bootcamp** - High-Intensity Interval Training performed in short bursts but giving you time to recover. Suitable for all fitness levels.  
**Bootcamp** - Challenge yourself with this fast-paced, calorie-blasting workout. Bootcamp is suitable all for fitness levels.

## LO-IMPACT AEROBICS

A fun and energetic class, which is designed to increase your aerobic fitness with low impact moves to help strengthen your muscles.

## KEISER®/CYCLE

This high-intensity indoor cycling class using our specialist KEISER® bikes, increasing your endurance and helping you to build cardiovascular fitness.

## Step 'N' Cardio

A full body cardio workout that really tones your glutes and thighs. An energetic and fun way to exercise which involves use of an elevated platform. Also available as Step 'n' Tone which involves use of weights.

## PILATES

Pilates is a mat-based class that focuses on proper alignment, posture and breathing. This class is highly recommended for those with back issues.

## STEP 'N' PUMP

Half step class, half body conditioning - for the ultimate mash up of classes, in a fun and effective session.

## YOGA

Develop your body and mind at the same time with our yoga classes. This relaxing session will focus on developing suppleness, strength and stamina.



Taking the 'work' out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party with latin and world rhythms.

## ABATTACK

You will work your back, glutes, abs and obliques to build a rock-solid core that helps ease lower back pain and prevent injury. Exercising muscles all around the core provides the vital ingredient for a stronger body.

45 mins 250 kcal

45 mins 250 kcal

55 mins 450 kcal

45 mins V variable intensity

55 mins 250 kcal

45 mins 400 kcal

45 mins 300 kcal

55 mins 200 kcal

55 mins 350 kcal

55 mins 200 kcal

55 mins 350 kcal

45 mins 300 kcal

# LesMILLS

Discover the LesMills® classes FREE at bstFitness.

## BODYBALANCE

**Calm and Centred** - Burn up to 300 kcal!

Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music.

## BODYATTACK

**Extreme Intensity** - Burn up to 540 kcal!

An intense cardio workout that focuses on improving your speed, fitness, strength and agility.

## BODYCOMBAT

**Extreme Intensity** - Burn up to 690 kcal!

This fiercely energetic programme is inspired by mixed martial arts. A great way to unleash yourself and increase your stamina.

## BODYPUMP

**Very High Intensity** - Burn up to 540 kcal!

Using light to moderate weights with lots of repetition, this class gives you a total body workout.