

NEW AND EXCITING LES MILLS CLASSES COMING SOON TO NEWHAM LEISURE CENTRE, STARTING ON TUESDAY 18TH APRIL 2017.

DAY	TIME	CLASS	INSTRUCTOR	STUDIO
MONDAY	17.55 (60 MINS)	BODYPUMP	DANA	1
TUESDAY	17.55 (45 MINS)	BODYATTACK	LOUISE	1
TUESDAY	18.45 (45 MINS)	BODYPUMP	LOUISE	1
TUESDAY	19.40 (45 MINS)	BODYBALANCE	LOUISE	1
FRIDAY	18.00 (60 MINS)	BODYPUMP	DANA	1
SUNDAY	09.30 (45 MINS)	BODYATTACK	LOUISE	1
SUNDAY	10.30 (60 MINS)	BODYBALANCE	LOUISE	1

PLEASE SEE A MEMBER OF STAFF FOR FURTHER INFORMATION

What is BODYPUMP™ ?

BODYPUMP™ is a barbell 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 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.

What is 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 centered. Happy.

What is BODYATTACK™ ?

BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to 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.