

Derriant 24:7 Gym

GROUP FITNESS CLASS DESCRIPTIONS

LES MILLS BODYPUMP

A fast-paced, barbell-based workout that's specifically designed to help you get lean, toned and fit. It uses a combination of motivating music, fantastic instructors and scientifically proven moves to help you achieve these targets more quickly than you would working out on your own.

LES MILLS BODYATTACK

The high-energy fitness class with moves that cater for total beginners to total addicts and gets you fit for the sport of life.

LES MILLS BODYCOMBAT

The high-energy, martial arts-inspired, non-contact workout. Punch, kick and strike your way to fitness.

LES MILLS BODYJAM

The ultimate music and dance experience. If you want to dance, there's nothing like it.

LES MILLS BODYBALANCE

The yoga-based class that will improve your mind, your body and your life. Strengthen your entire body and leave feeling calm and centered.

LES MILLS CXWORX

Exercising muscles around the core, it provides the vital ingredient for a stronger body. During the 30-minute workout trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

LES MILLS RPM

The indoor cycling class, set to the rhythm of motivating music. Burn calories and get fit fast.

LES MILLS BODYSTEP

The full-body cardio workout to really tone your butt and thighs. Burn calories and leave buzzing with satisfaction.

LES MILLS SH'BAM

The fun-loving, insanely addictive dance workout – no dance experience required.

LES MILLS tone

The optimal mix of strength, cardio and core training.

LES MILLS barre

A modern expression of classic balletic training designed to shape and tone the muscles and build core strength.

Derriant 24:7 Gym

GROUP FITNESS CLASS DESCRIPTIONS

YOGA

Foundational yoga postures are practiced to align, strengthen and promote flexibility in the body.

PILATES

For anyone that wants to improve their current sporting activities, or for those who want to reduce/prevent any pain or injuries caused by everyday movements. Pilates builds strength from the inside out, improve your core, and move better for it.

ZUMBA

A fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness.

BOXING

A high intensity boxing circuit class. Great for tone and overall conditioning. Members must bring their own boxing wraps or gloves. An excellent workout for all fitness levels.

meta PWR

A 30 minute circuit class that will change your thinking about exercising. It combines resistance and bodyweight exercises to develop and improve strength and agility. In this workout, you will use equipment like kettlebells, slam balls, weights and ropes.

metafit.

A high-intensity workout including a series of body-weight exercises with interval style training, designed to keep your body burning calories long after your training session is complete.

HIIT

High Intensity Interval Training: Give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

TTB TUMMY THIGHS & BOOTY

Tummy, Thighs & Booty: Focusing purely on strengthening your abs, butts and thighs. A combination of strength enhancing and muscle toning exercises will target common problem areas.

SPIN

An indoor cycling class set to exciting music tracks and choreographed to provide an excellent workout and improve cardiovascular conditioning. Pedal through hill climbs, sprints, and many other challenging drills and exercises.

FREESTYLE

Freestyle classes are flexible, adaptive and creative, be prepared for variety, spontaneity and a fresh approach to group training. May include styles such as boxing, circuit, HIIT, abs, booty, strength, cardio or functional.