



Cardio Classes

Cardio can be described as any exercise that gets your heart rate up and continuously moving over a period of time. Cardio training is the best way to burn lots of calories fast!

To avoid plateauing, and to work your body across the whole range and see a full spectrum of results, try different cardio training classes - most of them deliver a whole range of benefits as well as improving cardiovascular fitness.

BODYATTACK

Result: AGILITY, CO-ORDINATION, STRENGTH AND ENDURANCE, IMPROVES HEART AND LUNG FITNESS

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 the hard-core competitor! Every three months, [Les Mills](#) releases a new BODYATTACK™ class with fresh choreography and music.

BODYSTEP

Result: IMPROVES HEART AND LUNG FITNESS, AGILITY AND CO-ORDINATION, INCREASES STRENGTH AND ENDURANCE

BODYSTEP™ is the energizing 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. Every three months, [Les Mills](#) releases a new BODYSTEP™ class with fresh choreography and music.

EXTREME CARDIO

Result: IMPROVES HEART AND LUNG FITNESS, BURNS FAT, INCREASES STRENGTH AND ENDURANCE

Go back to the basics with a traditional cardio class with straightforward athletic moves to condition your heart and tone your entire body. Choreography is very basic, so even the most uncoordinated of you can give it a good try!

SPINNING

Result: SPORT SPECIFIC CONDITIONING, IMPROVES HEART AND LUNG FITNESS WITHOUT IMPACT, INCREASES ENDURANCE, BURNS FAT

Regardless of your fitness level, in this class you'll get a heart pounding yet low-impact workout and some serious calorie burn –while maintaining the ability to go at your own pace. Whatever the reason, millions worldwide have found a lot to love about cycling indoors.

With no complicated moves to learn, a motivating group environment, top-notch instructors and music to drive your legs along, you'll find yourself having a blast while you ride your way to a leaner, stronger body.

STEP

Result: FAT LOSS, IMPROVES HEART AND LUNG FITNESS, COORDINATION AND AGILITY

The class that has been a global phenomenon since its launch in '89 is still as sensational as ever. Get your lower body into the best shape it'll ever be, gain some serious endurance benefits and all with more than a bit of rhythm and exhilaration thrown in.

Move around, over and on top of the step in pre set patterns. Step training requires basic coordination but give it more than a few goes as, once you've mastered the moves, this class repays the effort with a broader than average spectrum of fitness benefits.

STEP&SCULPT

Result: STRENGTHENS AND SCULPTS LOWER BODY, IMPROVES COORDINATION, IMPROVES HEART AND LUNG FITNESS, BURNS FAT

Have it all - conditioning moves *and* cardio training in one fun class! Moving around, over and on top of the step, this class is for you if you want to achieve a toned, shapely and strong lower body and make gains with your overall fitness as well.

ZUMBA

Good For: FAT LOSS, COORDINATION

Are you ready to party yourself into shape? When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating