Body Balance is ideal for anyone and everyone. It is the yoga-based class that will improve your mind, your body and your life. During Body Balance an inspirational soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.

Body Combat is the empowering cardio workout where you can totally unleash. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Kicking, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful visual mood-boosters, you strike, punch, kick and burn your way through calories to superior cardio fitness.

Body Pump is the original barbell class that strengthens your entire body. It challenges all your major muscle groups by using the best weight-loss exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight will inspire you to get the results you came for - and fast!

CXWORX is all about building core strength, improving functional fitness of the abdominals, mid-section, and glutes, as well as exciting the obliques, which run from the upper to lower body. CXWORX targets everything from the mid-high up to the shoulders, which is an area also known as your trunk.

Virtual Spin is an indoor cycling workout where you control the intensity. It’s fun, low impact and you can burn over 600 calories per session. With sharp bursts of sprints and steep climbs interspersed with active recovery and longer intervals to test endurance, this class helps you get fitter faster.

Sh’Bam is a fun-loving, insanely addictive dance workout. It’s an ego-free zone — no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can’t, you’ll walk out knowing you can!

The FOD system boasts over 220 additional Virtual class options. A selection of these can be found on the timetable each week, with new and exciting content being added all the time. We also run virtual classes which are instructed in Mandarin.

Virtual Cycle

Virtual classes are different to Live classes. These classes combine world-leading fitness programs with pumping sound and motivation from some of the hottest instructors on the planet. They are often less busy than the instructor-led classes, they run on massive screens throughout the day and take into the evenings. If you work shifts, or your free time is early afternoon, you’ll find one to fit your schedule. Why not come and give it a go?

BOOK YOUR CLASS NOW AT
WWW.LEEDS.AC.UM/THEEDGE
Virtual Body Balance is ideal for anyone and everyone. It is the yoga-based class that will improve your mind, your body and your life. During Body Balance an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.

Virtual Body Combat is the empowering cardio workout where you can totally unleash. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Marry Thai. Supported by driving music and powerful core-stick instructors, you strike, punch, kick and build your way through calories to superior cardio fitness.

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Virtual CXWORX is all about building core strength, improving balanced fitness of the abdomenals, mid-section, and glutes, as well as working the cross-slings, which run from the upper to lower body. CXWORX targets everything from the mid-high up to the shoulders, which is an area also known as your trunk.

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How are Virtual Classes different to Live Classes?
These Classes combine world-leading fitness programs with pumping sound and motivation from some of the hottest instructors on the planet. They are often less busy than the instructor-led classes, they run on massive screens throughout the day and late into the evenings. If you work shifts, or your free time is early afternoon, you’ll find one to fit your schedule. Why not come and give it a go?
Body Pump is the original barbell class that strengthens your entire body. It challenges all your muscle groups at the same time, using your own body weight as resistance to get your body toned and shapely. This class is perfect for those who want to achieve great pecs and tight triceps, then Body Weight Conditioning is for you! This class has you using your own body weight to move you from one challenging exercise to another. The Body Pump programme uses barbells, weights and bodyweight exercises to blast all major muscle groups. The powerful role model instructors, you strike, punch, kick and kata your way through calories.

Ashtanga is a physical form of yoga which synchronizes breath and movement through a precise sequence of postures called primary series. The intention of the practice is to cleanse, stretch and strengthen the body, as well as focus and calm the mind.

Tae Bo is a non-competitive martial art known for its self-defence techniques and health benefits. As a form of exercise, it combines gentle physical exercises and stretching with martial arts moves.

Gorilla Glutes is a class designed to tone your glutes whilst improving posture, strength and safety with your general balance.

Hatha Yoga is a soft category that includes most yoga style. It is all system that includes the practice of asana (yoga postures) and pranayama (yoga breathing techniques), which bring balance to the mind and body, preparing the body for deeper spiritual practices such as meditation.

Yogaworks is a method of inducing complete physical, mental and emotional relaxation. The term yoga-works is derived from the Sanskrit word, yoga means union or one-pointed concentration. The term yoga-works is the yoga of the mind.

Phat 'N' Punky is a dance class celebrating you, thumping your body and boosting your confidence! The dance isn’torry, it is perfect for all! If you dance classes are too serious then this is the one for you! Get your trainers on, bring some water and let’s get pneumonia!

Body Weight Conditioning is a class that focuses on strengthening specific muscle areas of your body weight exercises from Yoga, Karate, Judo and the like.

Lem-Grit Style is designed to improve strength, cardiovascular fitness and posture. This class uses weight plates and bodyweight exercises to blast all major muscle groups. It is suitable for those with a medium level of fitness, all are welcome to try.

Ballet Fit is a fitness programme based on ballet moves but performed at a very basic level and in a fitness style. The exercises are suitable for all levels and abilities, you do not need any experience of Ballet to have a go.

The Body positive dance class is here! Phat ‘n’ Phunky is a dance class sharing positivity and sweating it out to some great music! So get your workout clothes out, because this class will blow you away! The routines feature interval training sessions lasting 30 minutes. If you want to have fun, sweat and have a great time then this is the class for you.

Pilates On The Ball is a fun and effective training workout as it generates core stabilisation for challenging abdominal and lower back strength. The class uses familiar Pilates moves but adds variety to your training regimes.

Pilates is a system of core stabilisation exercises that can be done in any position at any time. The core moves Pilates offers are suitable to all levels.

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true full-body, low-impact workout that leaves you feeling balanced, strong, and balanced.

Yin Yoga works with the body’s natural ability to heal itself, and promotes a healing environment for the body. This practice is performed in a quiet, comfortable, meditative setting, with slow, simple movements.

Yoga Nidra is a method of inducing complete physical, mental and emotional relaxation. The term yoga-nidra is derived from the Sanskrit word, nāda means sound and is one-pointed concentration. The term yoga-nidra is the yoga of the mind.

Yin Yang Yoga is a form of exercise that combines the mind-body disciplines of meditation and movement, with the ancient Asian practice of yoga. This practice is performed in a quiet, comfortable, meditative setting, with slow, simple movements.

Les Mills GRIT Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and posture. This class uses weight plates and bodyweight exercises to blast all major muscle groups. It is suitable for those with a medium level of fitness, all are welcome to try.

Les Mills GRIT Cardio is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximum sustainable heart rate. This workout uses a variety of bodyweight exercises and provides the challenge and intensity you need to get results fast.

Les Mills GRIT Athlete is a 30-minute high-intensity interval training (HIIT) sports training workout that maximises cardiovascular fitness and strength. This workout uses a mix of high-intensity aerobic and multi-dimensional sports conditioning training to increase your overall athletic performance, agility, speed and power.

Les Mills GRIT Edge is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness and strength. This class is designed to increase your overall athletic performance, agility, speed and power.

Pilates is a system of core stabilisation exercises that can be done in any position at any time. The core moves Pilates offers are suitable to all levels.

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Hiit class (High intensity interval training) is a total body, burst pummel, aerobic and strength conditioning workout. This interval-based class combines full body strength training with high intensity cardio to burn fat to improve your endurance and increase your cardiovascular fitness.

Insanity
A full body pump, massage shrubbing, arm sagging, high intensity cardio workout that you will adore!
**RESISTANCE CARDIOVASCULAR**

**KETTLEBELLS TRAINING CIRCUIT TUMS (BLT) AND BUMS LEGS**

Body Pump is the original barbell class that strengthens your entire body. It challenges all your major muscle groups, all at the same time. The workout is designed to get you moving your body in as many different directions as possible. This ensures your muscles are fully exercised and helps you burn calories faster. Each week, the routine changes to ensure that you are always challenged and making consistent progress. Your body is not given an opportunity to adapt to the movements, helping you to achieve the best possible results.

**PHAT ‘N’ PHUNKY**

The Body positive dance class is here! Phat ‘N’ Funky is a dance class celebrating you, throwing your body and boosting your confidence! The dance by Phat ‘N’ Funky will take your breath away. Most of the moves are designed for someone with little or no dance experience. The emphasis is on fun, not technique.

**ZUMBA**

Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a non-stop, high-energy, feel-good workout. The combination of Cards and conditioning-burnout exercises with dance and interval training will lift your heart rate to a cardio zone where fat and calories are burned. Fat and calorie burning techniques are combined with toning to sculpt and slim your body while having fun.

**JIVE**

Jive is a combination of different dance steps and activities resulting in a mile swim (x 64 lengths) every session. Every session will consist of different drills and land activities resulting in a mile swim (x 64 lengths) every session.

**TECHNIQUE SESSION**

Medium intensity swimming out work. For those who need that extra boost and are looking to develop their technique. It will help you maintain your form and improve your technique.

**HIIT**

This class will introduce you to some of the basic swim-stroke disciplines. It offers a chance to learn some new moves for the Saturday night whilst getting a good workout! We’ve got all the fun and excitement of a dance party, but no music and you’ve got to get your body moving on your own.

**LES MILLS GRRT STRENGTH**

LES MILLS GRRT Cardio is a 30-minute high intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and movement coordination. The workout uses a mix of weight and bodyweight exercises to challenge and inspire you to get the best results.

**LES MILLS GRRT GUSSETS**

LES MILLS GRRT Grit is 30-minute high-intensity interval training (HIIT) workout that combines cardiovascular fitness, increases speed and movement coordination. The workout uses a mix of weight and bodyweight exercises to challenge and inspire you to get the best results.

**LES MILLS GRRT ALTERNATE**

LES MILLS GRRT Alternate is a 30-minute high-intensity interval training (HIIT) workout that combines cardiovascular fitness, increases speed and movement coordination. The workout uses a mix of weight and bodyweight exercises to challenge and inspire you to get the best results.

**EDGET FIT**

Body Edge is the ultimate cardio workout. It’s a total body, heart-pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio to design a total body workout that improves your endurance and increases your cardiovascular fitness.

**ASHTANGA YOGA**

Ashtanga is a physical form of yoga which squeezes and demands movement through a precise sequence of postures called primary series. The intention of the practice is to cleanse, stretch and strengthen the body, as well as focus and calm the mind.

**FAR BART**

A source which effectively balances the adrenal and sex organs.

**SHI TAU**

Tai Chi is a non-competitive martial art known for its self-defense techniques and health benefits. As a form of exercise, it combines gentle physical exercises and stretching with meditation.

**GOURMET GUTS**

A class to de-stress and tone your body whilst improving posture, body strength and assist your general balance.

**HATHA YOGA**

Hatha is a general category that includes most yoga styles. It is an old system that includes the practice of asana (yoga postures) and pranayama (yoga breathing techniques). It helps bring energy to the body and mind, preparing the body for deeper spiritual practices such as meditation.

**TEEN YOGA**

A class for children to begin swimming classes for children with no experience to learn the basics of swimming. Adapted to the age of the child, the class consists of swimming, floating sessions and learn to swim.

**KUNG FU**

A mixed martial arts and self-defense training program that includes hand-to-hand combat with powerful role model instructors, you strike, punch, kick and kata your way through calories. This continues to be one of the hottest trends in the fitness industry. Enlivened by athletic instructors, the class combines strength, cardiovascular, and endurance exercises to create a fun, fast-paced workout that targets all major muscle groups.

**Ballet Fit**

Ballet Fit is a fitness training program based on ballet moves but performed at a very basic level and in a fitness style. The exercises are available for all ages and abilities, you do not need an experience of Ballet to take a go.

**LES MILLS GRRT Grit Strength**

LES MILLS GRRT Grit is a 30-minute high-intensity interval training (HIIT) workout designed to improve strength, cardiovascular fitness and build muscle mass. The workout uses a mix of weight and bodyweight exercises to challenge and inspire you to get the best results.

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