

LES MILLS AT HARD ROCK HOTEL & CASINO PUNTA CANA

CLASSES OFFERED:

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|  BP | BODYPUMP BE STRONG. The original weights class that builds strength, tones your body, and pushes you to the limit. | WEIGHTS-BASED RESISTANCE TRAINING |
|  CX | CXWORX FIND YOUR CENTER. Personal training-inspired workout to build and maintain a superior functioning core. | CORE STRENGTH TRAINING |
|  BC | BODYCOMBAT BE CONFIDENT. A mix of Martial Arts and endurance, unleashing strength you never knew you had. | MARTIAL ARTS INSPIRED CARDIO |
|  RP | RPM RIDE FAST. High intensity interval training set to tunes that will get your pulse racing. Get results faster. | INDOOR CYCLING CARDIO |
|  BF | BODYFLOW FEEL BALANCED. A Yoga, Tai Chi and Pilates inspired workout that leaves you long, strong and centered. | INSPIRED BY YOGA, TAI CHI & PILATES |
|  BS | BODYSTEP FEEL ALIVE. The fast-paced, explosive step workout that will leave you upbeat and ready for more. | STEP BASED CARDIO |
|  BM | BORN TO MOVE TODDLERS TO TEENS. Each class teaches age-appropriate motor skills that improve agility, balance, coordination, endurance, flexibility and speed. | |
|  BV | BODYVIVE 3.1 FEEL REVIVED. Low-impact workout for the whole body to get your core harder, for a leaner, stronger you. | CARDIO & CORE MOBILITY RESISTANCE |
|  BA | BODYATTACK BE UNSTOPPABLE. The full-on, high-energy cardio workout to energizing tunes. | SPORTS INSPIRED CARDIO |
|  SB | SH'BAM FREE YOURSELF. Cut loose to the hottest new workout with fun moves and shakin' tunes. | DANCE INSPIRED CARDIO |
|  BJ | BODYJAM EXPRESS YOURSELF. Fueled by street culture, a dance and cardio workout that will leave you feeling hyped. | DANCE INSPIRED CARDIO |
|  G | GRIT RESULTS. FAST. High intensity interval training is short, intense bursts of effort followed by periods of recovery. | HIGH INTENSITY INTERVAL TRAINING |
|  S | sprint SMASH GOALS. A 30-minute workout of high intensity, designed using an indoor bike to achieve fast results. | HIGH INTENSITY INTERVAL TRAINING |

EXPERIENCE LES MILLS VIRTUALLY ON PROPERTY - PROGRAMS OFFERED:



- BODYCOMBAT® Virtual
- BODYFLOW® Virtual
- BODYPUMP® Virtual
- CXWORX® Virtual
- SH'BAM® Virtual
- RPM® Virtual

Note: Some Virtual Programs may only be available in specified bundle.
For more detailed information please visit: <http://www.lesmills.com/workouts/all/>