



*Available at the
Paul Derda Recreation Center!*

POPULAR NEW WORKOUT RAISES THE BAR

Want to get in shape fast? If the thought of pounding the pavement doesn't appeal, check out the fitness phenomenon at the Paul Derda Recreation Center!

LES MILLS BODYPUMP™ is a non-impact weights-based exercise class that works every major muscle group in the body using weights, a bar and step. It strengthens, conditions and tones muscles, producing amazing results – fast.

LES MILLS BODYPUMP™ classes have a rapid and dramatic effect on body shape. High repetition with low weights means you tone your muscles – making them strong and lean, rather than bulky – while also burning calories and fat. After a few weeks of regular classes, participants notice a real difference.

Fully qualified LES MILLS BODYPUMP™ instructors offer guidance on the correct lifting techniques throughout the class, with people of all levels of fitness exercising together, setting their own workout depending on the weight they add to the barbell. Hot sounds and compelling choreography keep you going through each 45 to 60-minute workout.

If you've always thought that exercise is boring, LES MILLS BODYPUMP™ will change your mind. The classes are incredibly motivating, with dynamic music and an instructor giving constant encouragement and feedback throughout the session. The classes are always easy to follow too, with no complicated choreographed moves, so there is no danger of feeling lost or self-conscious."

BODYPUMP™ is just one of three LES MILLS™ programs offered at the Paul Derda Recreation Center. Others include *BODYSTEP™* (step aerobics) and *BODYVIVE™* (low impact cardio and resistance training). Members report that they love the combination of uplifting music and specially trained, motivating instructors in the classes – not to mention the fact that they get great results!

Developed in New Zealand, the LES MILLS™ range of exercise-to-music programs is fast becoming one of the world's most popular ways to keep fit. All the choreography is developed in conjunction with health experts to ensure the moves are safe, and classes are updated every three months so participants stay inspired. Five million people a week now take part in LES MILLS™ programs in 12,000 clubs in more than 70 countries around the world.