



## STEP UP TO A BRAND NEW CHALLENGE

LES MILLS BODYSTEP™ is a fun, energizing workout designed to tone the lower body, and increase cardio fitness and co-ordination, while also providing all-over strengthening and conditioning.

Participants follow a fully-trained instructor through a sequence of simple moves up, over and around an adjustable step platform. The lungs also get a great workout as the highly-motivating music creates an irresistible invitation to sing along. You can control how hard you work by simply altering the height of your step and increasing or decreasing the range of your movements.

The idea of step classes has been around for a while but LES MILLS BODYSTEP™ takes it to a whole new level. We get people turning up after work when they're tired, and by the time they leave, they've got huge smiles on their faces. It's just impossible not to enjoy yourself in this class – and of course, you get a great workout too.

BODYSTEP™ is just one of three LES MILLS™ programs offered at the Paul Derda Recreation Center. Others include, *BODYPUMP™* (weight training with barbells), *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.

*Here for you at the Paul Derda Recreation Center!*