

LES MILLS

BODY VIVE.

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

Take the Hard Work Out of Starting Exercise

Everyone knows the benefits of being fit, but working out where to start your fitness journey can be tough, especially when you're returning to exercise after injury or when you haven't worked out for a while.

LES MILLS BODYVIVE™ is a low-impact group fitness program that provides a complete combination of aerobic exercise for heart fitness, and resistance training together with elements of Yoga and Tai Chi for targeted strength, stability, stretching and mobility work.



Using a range of simple props including Pilates balls and tubes, LES MILLS BODYVIVE™ participants follow a fully-trained instructor through 55-minutes of specially-choreographed moves set to uplifting classic hits from the '70s, '80s and '90s.

LES MILLS BODYVIVE™ is a really popular option for those in their 40s, 50s and 60s. We often suggest they start with this class and it's really inspiring to watch their confidence grow as their fitness levels increase. Before long, they want to try out our other exercise programs too.

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