



## FAQs

### WHAT DO I NEED TO BRING?

You should wear comfortable workout clothes – and no shoes. We do the class in bare feet because you need to feel full contact with the floor for the balancing and postural work. In colder weather, you may also need to bring something warm to wear for the relaxation and meditation sequence. Some clubs may ask you to bring a Yoga mat, and you may prefer to do so anyway – however, this is not essential.

### HOW OFTEN SHOULD I DO BODYBALANCE™?

You'll feel real benefits from coming to class just once a week, but coming three times a week is ideal.

### WHEN WILL I NOTICE RESULTS?

It usually takes about three classes to understand the feel and structure of the class and moves. You may experience some mild muscle soreness at first, but this will quickly pass and be followed by noticeable strength and flexibility gains and postural improvement. From the very first class, you should start to experience the stress-reducing and spiritually renewing benefits of BODYBALANCE™.

For more information, ask your instructor or visit [www.lesmills.com/bodybalance](http://www.lesmills.com/bodybalance)

## BODYBALANCE™

DURATION	EXERCISE TYPE	INTENSITY	BURN RATE	EQUIPMENT	MUSIC	RESULTS
55 MINUTES	YOGA, TAI CHI AND PILATES INSPIRED	LOW INTENSITY	UP TO 340 CALORIES	YOGA MAT OPTIONAL	LATEST SOULFUL, CALMING AND INSPIRING TUNES	IMPROVES JOINT FLEXIBILITY AND RANGE OF MOTION, TONES AND SHAPES, ENHANCES MENTAL WELL-BEING



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For class times, please check out the group exercise schedule at your club.

[lesmills.com](http://lesmills.com)



## BODYBALANCE™

### AN OASIS FOR BODY AND MIND



**LES MILLS**  
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# BODYBALANCE™

## A YOGA, TAI CHI AND PILATES INSPIRED WORKOUT LEAVING YOU LONG, STRONG, CALM AND CENTERED. FEEL BALANCED.

Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony and balance.

Like all the LES MILLS™ programs, a new BODYBALANCE™ class is produced every three months with new music and choreography.

## WHAT WILL BODYBALANCE™ DO FOR ME?

- Improve joint flexibility and range of motion
- Increase your core strength
- Reduce your stress levels
- Provide a lasting sense of well-being and calm
- Focus the mind and raise consciousness levels through controlled breathing

## DESCRIBE A TYPICAL CLASS

Each class follows a set sequence of exercise disciplines and is made up of 45 minutes of simple yet challenging exercises followed by 10 minutes of relaxation and meditation.

Your instructor takes you through the moves and shows you options to suit your fitness level. If you haven't done any Yoga or group fitness before, please take it easy. Use your first few classes to learn the poses and moves and how to get the most out of your workout. Don't hesitate to have a word with your instructor if you have any questions.

### TAI CHI WARMUP

Easy, flowing moves from the ancient Chinese exercise discipline let you leave your day behind, center yourself and warm the body.

### SUN SALUTATIONS

A traditional Yoga sequence warms your body more deeply, stretching and strengthening key muscle groups.

### YOGA STANDING STRENGTH

Poses such as Warrior Pose and Triangle Pose strengthen and tone the body.

### BALANCE

Concentration and focus allow your mind and body to meet the challenge of balancing poses.

### HIP OPENERS

Focuses on stretching for greater flexibility and freedom of movement in the hips and lower back.

### ABDOMINALS & BACK

Uses exercises from Yoga and Pilates to strengthen core abdominal and back muscles.

### TWISTS & FORWARD BENDS

Poses and stretches create suppleness and flexibility in the hamstrings and back.

### RELAXATION & MEDITATION

The final 10 minutes deliver the mental and physiological benefits of meditation and enhance the effects of the exercise you have just completed.

