



LES MILLS
BODYBALANCE

TIME	TYPE OF TRAINING	INTENSITY	EQUIPMENT	MUSIC	RESULTAT
55, 45 or 30 minutes	Mixing yoga, tai chi and pilates	Low intensity	Yoga mat (optional)	Music which brings out the feeling of calmness and harmony	Improves strength and mobility and creates a feeling of being calm and serene

FAQs

How often should I do BODYBALANCE®?

We recommend that you train BODYBALANCE® two to three times a week, though even one class a week will give significant results and will be a favourable complement to other strength- and fitness classes..

Who can participate?

For anyone new to yoga, BODYBALANCE® is a great introduction, there will always be various alternatives to the more challenging exercises, so that you can change the impact and intensity to suit your individual level. Once you learn the moves, you will notice that the body becomes stronger and smoother. Posture and balance will most likely improve already after a couple of classes.

What do I need to bring?

- Comfortable workout clothes and a long-sleeved shirt to wear during the final relaxation track.
- During the class, you practice barefoot on a yoga mat, but you may need a pair of shoes when going from the dressing room to the studio.
- Yoga mats will be supplied in the class, but of course you can bring your own mat if you prefer.

För mer information, fråga din instruktör eller besök lesmills.com/bodybalance.

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Flexibility and strength

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What is BODYBALANCE®?

BODYBALANCE® is a yoga-inspired workout with a mix of Tai Chi and Pilates, set to music. The workout helps you build your flexibility and core strength while reducing stress and focusing your mind to create a lasting sense of wellbeing. Whether you're experienced with yoga, just starting out, or looking for something to complement your other workouts, BODYBALANCE® will improve your mind, your body and your life..

Les Mills classes are pre-choreographed, which makes it easy for you as a participant to recognise the class structure regardless of whether you are a beginner or an experienced participant. Choreography and music are changed every three months.

BODYBALANCE® - What's in it for me?

- Improves flexibility.
- Builds core strength, improves balance and posture.
- Reduces stress and releases tension.
- Makes you feel calm and serene.

The structure of a BODYBALANCE® class

BODYBALANCE® is a class that focuses on creating a sense of balance and harmony through the different moves

1. Tai Chi Warm-up

The slow and sweeping movements of Tai Chi will help you to warm up and focus on breathing with flow.

2. Sun salutations

The sun salutation includes exercises such as the Mountain pose, the Dog, the Crocodile and the Cobra.

3. Standing strength

In Standing strength, you strengthen the legs and improve hip mobility. This includes different variations of Warrior poses that vary from release to release.

4. Balance

Different poses where focus is on balance, concentration and presence.

5. Hip openers

Exercises that focus on opening up and creating mobility in the hips and glutes.

6 & 7. Core – abdominals & back

Exercises and moves inspired by Pilates with the aim of strengthening the abdominal- and back muscles.

8. Twists

Simple rotational exercises from yoga to improve spine mobility.

9. Forward bends – hamstrings

Stretching exercises from yoga with the aim of stretching the muscles in the back and hamstrings.

10. Relaxation/meditation

The last 8–10 minutes are devoted to letting the body unwind physically and mentally through relaxation.