

BODYFLOW®

IS THE YOGA, TAI CHI
AND PILATES WORKOUT
THAT BUILDS FLEXIBILITY
AND STRENGTH,
LEAVING YOU FEELING
CENTERED AND CALM.

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 BODYFLOW® class is produced every three months with new music and choreography.

FOCUS ON BODYFLOW®

FEEL LONG AND STRONG,
CENTRED AND CALM WITH
BODYFLOW™



www.adrenalinefitness.com/flow.htm



WHAT WILL BODYFLOW® DO FOR ME?

- Improves joint flexibility and range of motion
- Increases your core strength
- Reduces your stress levels
- Provides a lasting sense of well-being and calm
- Focuses the mind and raises 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.

Core

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

Twists and Forward Bends

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

Relaxation and Meditation

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

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 BODYFLOW®?

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 BODYFLOW®.

For more information, ask your instructor or visit our website www.lesmills.com/bodyflow

