

LES MILLS

LES MILLS CLASSES

These classes will be held at the Ground Floor Studio.

LES MILLS BODYPUMP

It is for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own.



LES MILLS CXWORX

Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports. During the workout, trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches and hovers. You will also get into some hip, butt and lower back exercises.

LES MILLS RPM

Find your rhythm in a cardio peak cycling workout that delivers maximum results with minimum impact on your joints. RPM™ tunes you in to great music and takes you on a journey of hill climbs, sprints and flat riding. You control your own resistance levels and speed so you can build up your training level over time. Your instructor will show you how to set up your bike and all the basic cycling moves.



AISS SWIMMING CLASSES

If you have always wanted to Learn to Swim there is no time better than now. Improve your overall health and fitness, start training for a Triathlon or just to improve your swimming skills. AISS in collaboration with The Burj Club offer you an opportunity to achieve your goals together with your children. AISS is an Australian founded swimming and water safety education institute in the UAE. Our teachers are trained by the leading swimming and water safety teaching body, AUSTSWIM.



CLASSES

- Learn to Swim
- Parent and Child
- Infants Swimming
- Stroke Development
- Stroke Correction
- Mini Swim Squads
- Junior Squads
- Adult Learn to Swim
- Adult Fitness Squads
- Private Lessons

MAKE SURE YOUR SWIM SCHOOL OR SWIM INSTRUCTOR IS:

- ☒ **Fully Insured for UAE**
Ask to see their Insurance Certificate of Currency
- ☒ **Licensed to Operate in the UAE**
Ask to see their professional Trade License
- ☒ **Internationally Qualified and Trained**
Ask to see their qualifications
- ☒ **Resuscitation (CPR) Trained**
Ask again for proof!
- ☒ **Providing Water Safety Education**
Is it integrated in the program like ours?

YOUR FAMILY'S SAFETY IS OUR FIRST PRIORITY



For information about swimming classes
please call +971 56 636 7978 or email swim@aiss.ae

For general enquiries about The Burj Club
call +971 4 888 3900 or email reception@theburjclub.com