

If your summer schedule leaves you with no time for a vacation on the beach you can still find some relaxation with Les Mills BODYBALANCE group fitness class.

BODYBALANCE builds flexibility and strength through a Yoga, Thai Chi, and Pilates workout. Leaving you feeling calm and centred. Controlled breathing, concentration and a carefully structured series of stretches will have you feeling as relaxed as laying on a beach.

Each BODYBALANCE class is 55 minutes long and includes 45 minutes of simple but challenging moves that improve your joint flexibility and range of movement while also burning calories. Through the moves in BODYBALANCE your core strength will be increased which will help with overall fitness. For the last 10 minutes of the class you will focus on relaxation and meditation. During this time you will reduce your stress levels, provide a lasting sense of well-being while focusing your mind and raising your level of consciousness.

So if you do not have time this summer for a relaxing vacation, come to Les Mills BODYBALANCE class for a relaxing experience. For more information on BODYBALANCE classes and other Les Mills fitness classes visit www.fitpro.com

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Editor's notes

- For press information and images, please email fiona.b@fitpro.com
- Les Mills programmes, including BODYCOMBAT, BODYPUMP and BODYATTACK, are available at leading health and fitness clubs nationwide, including Virgin Active, David Lloyd, Nuffield and Fitness First
- FitPro is the largest association of fitness professionals in the world and the UK agent for Les Mills International – www.fitpro.com
- Shaun Egan (Head UK Les Mills presenter) is available for interview on any aspect of group exercise and fitness – enquiries to fiona.b@fitpro.com