

BUM BEATS

Classes have come a long way since aerobics down the local village hall. These sessions will leave you sculpted like never before!

SPINCORE AT ABSOLUTE PILATES PLUS (WWW.ABSOLUTEPIILATESPLUS.COM)

A 30-minute spinning session followed by an hour of Pilates works your backside from every angle.

BODYSTEP AT LA FITNESS (WWW.LAFITNESS.CO.UK)

This class harnesses the fat-busting power of step-ups to give you a bottom that's lean and toned.

KICKBOXING AT VIRGIN ACTIVE (WWW.VIRGINACTIVE.CO.UK)

An hour of fast-paced leg lifts, and sidekicks work your glutes at the deepest level for a lift that lasts.

CIRCUITS AT ESPORTA (WWW.ESPORTA.COM)

45 minutes of cardio drills alternated with resistance work helps you blast fat and build lower-body muscle at the same time.

ADIDAS ZONE CYCLING AT DAVID LLOYD (WWW.DAVIDLLOYD.CO.UK)

The main focus of this intense, indoor cycling class is getting your heart rate into the fat-burning zone. Say goodbye to that flabby bum!