

## GROUP FITNESS EXERCISE CLASSES DESCRIPTION FROM NOVEMBER 2017



- The sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises



- The Yoga, Tai Chi, Pilates workout that builds flexibility and strength, leaving you feeling centred and calm.



- This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Muay Thai.



- The original barbell class that strengthens your entire body.



- The energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step



- The 45 minute indoor cycling workout where you ride to the rhythm of powerful music.



- 30 minutes of High Intensity Interval Training (HiiT) on a bike.



- The 30 minute Personal Training Inspired Core Class. It tightens and tones the abs, glutes, back and slings; improves functional strength and assists in injury prevention.



- A 60 minute class combining the first 4 tracks of BODYPUMP and the 6 tracks of CX WORX. A total body workout.



- A 60 minute class combining BODYATTACK and BODYSTEP. Cardio, strength and stamina training.



- The Zumba program is a Latino-inspired, dance-fitness class that, leaves you feeling alive, exhilarated and wanting more.

**BELLY DANCING**

- Arabic style dancing to all your favourite arabic tunes.

**BOLLYWOOD DANCE**

- Dance to latest hits of Bollywood while you burn those calories. Shake, shimmy and rock those hips the Indian style and feel like a Bollywood star. The 60 minutes of class will include cardio and toning so you go back with a full body.



- Suspension training bodyweight exercises developing strength, balance, flexibility and core.



- Upper body strength; core and cardio training using a Matrix Krankcycle. 30 minute and 45 minute formats.

**GO-MAX**

- Go Max is a combination between Bootcamp, Circuit, Crossfit and HiiT (High Intensity Interval Training); based on Tabata training.

**CIRCUIT**

- Training stations set up around the studio using free weights and cardio aerobic moves.

**BOXFIT**

- Circuit Class with Boxing focused stations.

**X-FIT**

- A high intensity class incorporating aerobic, resistance training, running and abdominal work. Individual and team work challenges that improves mobility, strength and endurance.

**BLT MAT**

- Butt, Legs & Tummy workout on the mat.



- Mat based workout focusing on postural alignment and improving core strength. This will benefit all of your other workouts.

**YOGA**

- Physical postures designed to purify the body and provide physical strength and stamina.

**HATHA YOGA**

- A set of physical yoga postures and sequences designed to align your skin, muscles and bones.

**RESTORATIVE YOGA**

- This slow and mindful yoga centres on breath and body alignment. With the use of props the poses, asanas, are held for extended periods of time, up to 5 minutes. A great way to stretch and lengthen your muscles.

**ACRO YOGA L1**

- It's a fun partner Acrobatics practice. It's NOT an exercise. First Timers and Beginner are willing to try it; while Intermediate to Advance are welcome to clean their technique.

**ACRO YOGA L2**

- Requires lots of core control, flexibility, handstand practice, to create advance flows and sequences.

**FIT KIDS**

- Fun and games working on agility, hand eye coordination, speed and team work skills. From age 5 upwards.

**LES MILLS GRIT**

- High Intensity Interval Training. 30 minute Small Group Workout with 3 formats, Strength, Plyo & Cardio. (NON MEMBERS 75dhs/Class)

**PILATES REFORMER**

- Resistance training on the Pilates Reformer Machine; developing good alignment, core strength, flexibility, coordination and balance. Maximum 8 participants per class. (MEMBERS 60 DHS per class/NON MEMBERS 120 DHS per class.)