

GROUP FITNESS CLASSES

3 JANUARY - 28 APRIL 2023

MONDAY

SPIN
CIRCUIT
12 - 12:45PM

&

BODYWEIGHT
MOBILITY
WORKOUT
6 - 6:30PM

TUESDAY

STEP &
TONE
12 - 12:45PM

&

OUTDOOR
H.I.I.T
6 - 6:45PM

WEDNESDAY

CARDIO
KICKBOXING
12 - 12:45PM

&

HARDCORE
6 - 6:30PM

THURSDAY

OUTDOOR
H.I.I.T
12 - 12:45PM

&

CARDIO
KICKBOXING
6 - 6:45PM

FRIDAY

DANCE /
AEROBICS
12 - 12:45PM

&

STRETCHING
6 - 6:30PM



GROUP FITNESS CLASSES

(NOON CLASS)

MONDAY

SPIN CIRCUIT

12 - 12 : 45PM

THIS IS OUR NEW EXCITING CLASS THAT COMBINES SPINNING AND CIRCUIT TRAINING. IT INCREASES BOTH YOUR AEROBICS AND ANAEROBIC SYSTEMS. AN EXCELLENT 45 MINUTES WORKOUT TO BRING YOUR HEART RATE UP TO TEST YOUR STRENGTH AND FITNESS. IT CATERS TO ALL LEVELS WHERE THE TRAINER WILL TRY TO CHALLENGE PARTICIPANTS TO PERFORM AT THEIR VERY BEST TO GAIN OPTIMUM BENEFITS

TUESDAY

STEP & TONE

12 - 12 : 45PM

THIS HIGH ENERGY CLASS COMBINES ATHLETICALLY AEROBIC MOVEMENTS WITH RESISTANCE AND BODYWEIGHT EXERCISES. IT HELPS TO STRENGTHEN YOUR BONES AND MUSCLES, REDUCING YOUR RISK OF CARDIOVASCULAR DISEASE AND STRENGTHEN YOUR CORE MUSCLE INCLUDING ABDOMINAL MUSCLE, BACK MUSCLE AND THE MUSCLE AROUND THE PELVIS.

WEDNESDAY

CARDIO KICKBOXING

12 - 12 : 45PM

MIX UP YOUR ROUTINE WITH FLEXIBILITY AND STRENGTH-BUILDING MOVES IN KICKBOXING CLASS. THESE HIGH-INTENSITY BURNS 300-600 CALORIES IN 45MINS. A CARDIOVASCULAR WORKOUT CONSISTING OF JABS, HOOKS, UPPERCUTS AND KICKS DESIGNED TO GET YOU A LEANER BODY AND A HEALTHIER STATE OF MIND. GOOD FOR SELF-DEFENSE TOO!

THURSDAY

OUTDOOR H.I.I.T

12 - 12 : 45PM

THIS IS A STRENGTH AND CONDITIONING PROGRAMME THAT CONSISTS A MIXTURE OF AEROBIC AND BODY WEIGHT EXERCISES. H.I.I.T WORKOUTS INCORPORATE HIGH-INTENSITY INTERVAL TRAINING, PLYOMETRIC, CALISTHENICS AND OTHER EXERCISES. THIS CLASS IS SUITABLE FOR INTERMEDIATE TO ADVANCED GYM GOERS.

FRIDAY

DANCE / AEROBICS

12 - 12 : 45PM

AEROBICS IS A FUN CLASS FOR ALL LEVELS. THIS CLASS INCLUDES THE BASIC FUNDAMENTAL AEROBIC MOVEMENTS. THE ROUTINES ARE FUN AND EASY TO FOLLOW. IN DANCE, WE WILL BE GROOVING TO A NEW ROUTINE IN A DIFFERENT STYLE EACH WEEK. SLAM YOUR BODY DOWN AND WIND IT ALL AROUND. GET FIT WHILE YOU ARE FEELING THE GROOVE.

GROUP FITNESS CLASSES

(EVENING CLASS)

MONDAY

BODY WEIGHT
MOBILITY
WORKOUT
6 - 6 : 30PM

BODYWEIGHT MOBILITY EXERCISE IS A PROGRAMME THAT ONLY USES YOUR OWN BODYWEIGHT. IT WILL HELP YOU TO IMPROVE YOUR RANGE OF MOTION, PREVENT INJURIES AND PROMOTE RECOVERY OF MUSCLES, TENDONS AND LIGAMENTS.

TUESDAY

OUTDOOR
H.I.I.T
6 - 6 : 45PM

THIS IS A STRENGTH AND CONDITIONING PROGRAMME THAT CONSISTS A MIXTURE OF AEROBIC AND BODY WEIGHT EXERCISES. H.I.I.T WORKOUTS INCORPORATE HIGH-INTENSITY INTERVAL TRAINING, PLYOMETRIC, CALISTHENICS AND OTHER EXERCISES. THIS CLASS IS SUITABLE FOR INTERMEDIATE TO ADVANCED GYM GOERS.

WEDNESDAY

HARDCORE
6 - 6 : 45PM

DEVOTE 30 MINUTES OF YOUR TIME TO CHALLENGE YOUR CORE MUSCLES TO IMPROVE POSTURE AND STRENGTH. THIS CLASS EMPHASIZES ON CORE TRAINING THAT WILL FOCUS ON TIGHTENING YOUR TRANSVERSES ABDOMINIS.

THURSDAY

CARDIO
KICKBOXING
6 - 6 : 45PM

MIX UP YOUR ROUTINE WITH FLEXIBILITY AND STRENGTH-BUILDING MOVES IN KICKBOXING CLASS. THESE HIGH-INTENSITY BURNS 300-600 CALORIES IN 45MINS. A CARDIOVASCULAR WORKOUT CONSISTING OF JABS, HOOKS, UPPERCUTS AND KICKS DESIGNED TO GET YOU A LEANER BODY AND A HEALTHIER STATE OF MIND. GOOD FOR SELF-DEFENSE TOO!

FRIDAY

STRETCHING
6 - 6 : 30PM

STRETCHING - TO GAIN STRENGTH, RANGE OF MOTION, AND INCREASE FLEXIBILITY. STRETCHING SHOULD NEVER CAUSE PAIN, ESPECIALLY JOINT PAIN. IF IT DOES, YOU ARE STRETCHING TOO FAR AND TOO MUCH.