GROUP FITNESS CLASSES
2 October - 8 December 2023

**MONDAY**
**STEP AEROBICS**
12:00PM - 12:45PM
(FITNESS STUDIO 12PAX)

The rhythmic and continuous movements in step aerobics elevate the heart rate, improving cardiovascular endurance and strengthening the heart.

**TUESDAY**
**FUN DANCE / AEROBICS**
12:00PM - 12:30PM
(FITNESS STUDIO 12PAX)

Dance / aerobics exercise is any physical activity that makes you sweat causes you to breathe harder and gets your heart beating faster than at rest.

**WEDNESDAY**
**CARDIO KICKBOXING**
12:00PM - 12:45PM
(FITNESS STUDIO 12PAX)

Cardio kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio.

**THURSDAY**
**CIRCUIT TRAINING**
12:00PM - 12:45PM
(FITNESS STUDIO 12PAX)

Circuit training is a workout that involves rotating through various exercises targeting different parts of the body.

**FRIDAY**
**BEGINNERS YOGA**
12:00PM - 12:45PM
(FITNESS STUDIO 12PAX)

Beginner yoga poses include child’s pose, easy seat, tree pose, and down dog. Benefits of yoga for beginners include increased strength and flexibility and reduced stress.

**BEGINNERS YOGA**
12:30PM - 1:00PM
(FITNESS STUDIO 12PAX)

Beginner yoga poses include child’s pose, easy seat, tree pose, and down dog. Benefits of yoga for beginners include increased strength and flexibility and reduced stress.

**BEGINNERS YOGA**
12:30PM - 1:00PM
(YOGA STUDIO 6PAX)

This classic programme focuses on your lower body as well as your core. A combination of stretch-enhancing and muscle-toning exercises that fires up your fat-burn and builds lean muscles in your A, B and T!