

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.

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.

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.

ABS, BUTTS & THIGHS

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!

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
- INTERMEDIATE
- ADVANCED