


FITNESS CLASS SCHEDULE

	8:45am	9:30am	10:30am	11:30am	4:30pm	5:15pm
MONDAY	9:00am YOGA Level 1 (75-minute) with Vanessa					
TUESDAY	LEGS, BUMS & ABS (45-minute) with Agnes				PILATES (45-minute) with Agnes	
WEDNESDAY	GYMSTICK (45-minute) with Agnes	BODY & SOUL (45-minute) with Agnes		YOGA Level 2 (60-minute) with Vanessa		
THURSDAY						THURSDAY SURPRISE (45-minute) with Agnes
FRIDAY		Fit 4 Life (45-minute) With Agnes	YOGA Level 2/3 (75-minute) with Vanessa			
SATURDAY	9:00am INTERVAL TRAINING (45-minute) with Agnes	10:00am PILATES (45-minute) with Agnes				

CLASS DESCRIPTIONS:

Body & Soul: Combination of Yoga poses, stretching and core exercises to relaxing music, improving blood circulation, clearing the mind and relaxing the body (minimum of 2 people).

Fit 4 Life: Designed for everyone INCLUDING adults aged 60+ who want to improve level of fitness, balance, activity tolerance, and functional capacity! Improve and maintain your health.(min. of 3 people).

Gymstick: When using the Gymstick, the whole body is actively involved, even though the focus maybe on a specific muscle group. The hands and feet are connected and due to the angle and line of pull from the bands, it facilitates optimal efficient joint positioning. The Gymstick challenges balance by changing the forces on the body and will effectively encourage greater synergy of muscle action for a great all over body workout (minimum of 2 people).

Interval Training: Full body workout, using different equipment or bodyweight, applying intervals. It boosts your metabolism, strengthens and defines the muscles and improves endurance (minimum of 2 people).

Legs, Bums & Abs: Exercises for legs, bums and abs, using your own bodyweight, free weights, and other equipments, shaping and toning the muscles (minimum of 2 people)

Pilates: This class will help participants develop leaner, longer-looking muscles, establish core strength and stability and heighten mind-body awareness (minimum of 2 people).

Thursday Surprise Combination of cardio and strength exercises, keeping the heart rate high, using free weight, bodyweight, Gymstick...SURPRISE ☺ It boosts your metabolism, strengthens and defines the muscles and improves endurance (minimum of 2 people).

Yoga: Improves energy, suppleness and strength. Stretch and tone all the muscles in your body. Level 1 is suitable for beginners, Level 2 intermediate, Level 2/3 intermediate/advance (minimum of 3 people).

Zumba: Fun and effective, workout without feeling it; it combines Latin and international music with a fun and effective workout system. Anyone can join the party! (minimum of 3 people).

