

# GROUPEFITNESS

FITORAMA

Schedule from July 2019

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
Gym I	Gym II	Gym I	Gym II	Gym I	Gym II	Gym I	Gym II	Gym I	Gym II	Gym I	Gym I
07.15 - 08.15	08.15 - 08.45	07.30 - 08.25	07.30 - 08.25	07.30 - 08.25		07.15 - 08.15	07.30 - 08.15	07.15 - 08.00			
Yoga	Yin Yoga	Body Pump	Pilates Mat	Qigong / Tai Chi		Yoga	Indoor Cycling	Pilates Mat			
09.00 - 09.55				09.00 - 09.55				09.00 - 09.55		10.00 - 11.00	10.00 - 11.00
Back Fitness				Back Fitness				Back Fitness		Saturday Surprise	Sunday Surprise
11.45 - 12.35	11.45 - 12.35	11.30 - 12.15	11.30 - 12.00	11.30 - 12.15	11.45 - 12.35	11.30 - 12.15	11.30 - 12.15	11.30 - 12.15	11.30 - 12.15		
Body Pump	Yoga Advanced	Body Tone	<b>GRIT</b> CARDIO	Body Combat	Yoga	Easy Step & Sweat	Pilates Mat	ABT Intensive	<b>GRIT</b> CARDIO/ STRENGTH Abs Express 15'		
12.40 - 13.30	12.40 - 13.30	12.15 - 13.00	12.15 - 13.00	12.15 - 12.45	12.40 - 13.30	12.15 - 12.45	12.15 - 13.00	12.15 - 13.15	12.15 - 13.00		
ABT	Indoor Cycling	Body Step	Pilates Mat	CXworx	Indoor Cycling	<b>GRIT</b> Athletic	BodyART	Body Pump	Pilates Back-Mix		
13.30 - 14.15		13.00 - 13.40		12.50 - 13.40		12.50 - 13.40	13.00 - 13.30	13.15 - 14.15	13.00 - 13.45		
Pilates Mat		Body Pump Express		Body Pump		Body Pump	Abs Express	Yoga	Indoor Cycling		
							13.30 - 14.15				
							Yin Yoga				
	17.00 - 17.30					14.30 - 15.25					
	<b>GRIT</b> Athletic					Yoga					
17.00 - 17.55	17.30 - 17.55	17.00 - 17.55	17.00 - 17.55	17.00 - 17.25		17.00 - 17.30		16.30 - 17.00	16.00 - 17.00		
Body Pump	Abs Express	Body Pump	Zumba	Abs Express		<b>GRIT</b> Athletic		Abs Express	Yoga		
18.00 - 18.55	18.00 - 18.55	18.00 - 18.55	18.00 - 18.25	17.30 - 18.25	17.30 - 18.25	17.30 - 18.25	17.30 - 18.25	17.00 - 17.55			
Zumba	Pilates Mat	Pilates Mat	CXworx	Dance Aerobics	BodyART	ABT	Pilates Back-Mix	Body Pump			
19.00 - 20.00	19.00 - 19.30	19.00 - 20.00	18.30 - 19.25	18.30 - 19.25	18.30 - 19.30	18.30 - 19.25	18.30 - 19.25	18.00 - 19.00			
TôSô X	ABT Express	Yoga	<b>NEW</b> Indoor Cycling	Body Tone	Yoga	Body Pump	Indoor Cycling	Zumba			

# Class Descriptions

## Endurance

### Body Combat - Les Mills

Body Combat is the empowering workout where you are totally unleashed. 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. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness.

### Dance Aerobics

A wild endurance training with dance elements of Jazz, Latin and street style combined with aerobic steps.

### Body Step - Les Mills / Easy Step & Sweat

Focused learning of the Step basics and simple step combinations. In this workout you combine joint- and back-friendly, intensive circulatory exercise with the strengthening of legs and butt. You'll perspire and have a great time.

### Indoor Cycling

A Joint-friendly cardio workout on a special indoor cycle. Through a variety of biking techniques, your heart circulation is exercised and your fat burning boosted. One of the best fat burning methods.

### Zumba

Zumba literally means "to move fast and have fun". Zumba is fun and easy! The dance steps are easy to follow and anyone can join in. Zumba is different! Zumba is effective! Here we go!

### TôSô X

TôSô X is fast and hard, and each participant is able to determine their level. It is a combination of punches and kicks with power and control. Tae Bo is not just sweating, exercise and weight loss, but it is also the achievement of one's physical and mental limits and a strengthening of willpower.

## Strength Training

### Body Pump - Les Mills

A strength endurance training with bars and free weights. This uncomplicated effective class gives strength and definition to your muscles. A strenuous workout that's fun.

### CXworx - Les Mills

A fast and efficient 30min workout to increase power, tighten and define core muscles and improve flexibility.

### Abs Express

An intensive abdominal muscle training for those who want to improve the core stabilization in a short period of time. Go for the burn.

### GRIT Athletic - Les Mills

Based on high-intensity interval training (HIIT) sports conditioning workout, designed to make you perform like an athlete. This workout often uses a step, bodyweight exercises and multi-dimensional sports conditioning training to increase your overall athletic performance strength, agility, speed and power.

### GRIT STRENGTH - Les Mills

Using weight plates and the bench, GRIT™STRENGTH is an intense 30-minute team training session that will blast all major muscle groups and take your training to the next level. The explosive movements will increase your metabolism and you will achieve an athletic body.

### GRIT CARDIO - Les Mills

Designed to burn fat and rapidly improve athletic capability, it is explosive and combines high impact body weight exercises which uses no equipment. GRIT™CARDIO provides the challenge and intensity you need to take your training up a notch to really get results.

### Body Tone

Strengthening all your muscle groups with and without aids (steps, bars, tubes, etc.), your body line is toned and sculpted.

### ABT / Intensive / Express

'Abs, Buns & Thighs'. An intensive workout using tools like steps, handlebars, etc. intensifying the exertion, increasing the appeal of the exercise, and giving 'problem zones' more intensive treatment.

### Back Fitness

Mobilization and strengthening of your back, neck and abdominal muscles. Through goal specific exercises you improve posture and prevent back pain. Focus: strengthening.

### Pilates Back-Mix

This involves Pilates exercises and strengthening of the back. See also Pilates Mat and Back Fitness.

### Saturday / Sunday Surprise

A cardio and strength training course that will change every week. Please see the weekly group fitness schedule for details. Lots of fun for all!

## Balance

### Yin Yoga

Stretches the body's deep tissue and improves flexibility; it soothes your spirit from the hectic pace of day-to-day living, regulates the energy in your body, and brings equanimity and peace to your soul.

### Qigong / Tai Chi

The ancient Chinese methods of Qigong and Tai Chi are distinguished by their slow, gentle movements. In the Qigong (energy work) the basis is set to get to know your own body more consciously and the exercises are simple and easy to learn. Through the harmonious flow of forces in the movements and through the meditative effect on the mind, the Chinese shadow boxers (Tai Chi) contribute to the strengthening of the whole organism and to the prevention of diseases. The movements become more complex and the coordination is sustainably improved.

### Pilates Mat

The Pilates method is a unique system of stretching and strengthening exercises. With this workout your muscles will be strengthened and sculpted, your posture improved, your flexibility and balance increased and your body and mind harmonized.

### Yoga / Advanced

Yoga combines simple and effective biomechanical principles to the orientation of the body with a deep spiritual understanding of yoga. In these classes there is an emphasis placed on precision - both to protect specifically against injury and the other to experience the full benefits of the asanas.

### BodyART

In the BodyART training principle the human being stands as a functional unit. BodyART connects elements of Yoga, exercise therapy, Japanese DO IN, own position and classic breathing methods and puts it together to a synergy of Training and Relaxation.

