### GROUP FITNESS EXERCISE CLASSES DESCRIPTION

- **BODYATTACK**
  - The sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

- **BODYBALANCE**
  - The Yoga, Tai Chi, Pilates workout that builds flexibility and strength, leaving you feeling centred and calm.

- **BODYCOMBAT**
  - 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.

- **BODYPUMP**
  - The original barbell class that strengthens your entire body.

- **BODYSTEP**
  - The energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over, and around the step.

- **BODYJAM**
  - The cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds in this 55-minute class.

- **SHYBAM**
  - The ultimate fun and sociable way to exercise. Each 45-minute class is vibrant, unique, and varied, featuring 12 tracks of chart-topping popular hits and simple but seriously hot dance moves.

- **45 MINUTE INDOOR CYCLING**
  - The 45-minute indoor cycling workout where you ride to the rhythm of powerful music.

- **HIGH INTENSITY INTERVAL TRAINING (HiIT)**
  - 30 minutes of High Intensity Interval Training (HiIT) on a bike.

- **PERSONAL TRAINING INSPIRED CORE CLASS**
  - 30 minutes of Personal Training Inspired Core Class. It tightens and tones the abs, glutes, back and slings, improves functional strength and assists in injury prevention.

- **ZUMBA**
  - The Zumba program is a Latino-inspired, dance-fitness class that leaves you feeling alive, exhilarated, and wanting more.

- **BELLY DANCING**
  - Arabic style dancing to all your favourite Arabic tunes.

- **SUSPENSION TRAINING**
  - Suspension training bodyweight exercises developing strength, balance, flexibility, and core.

- **CIRCUIT**
  - Training stations set up around the studio using free weights and cardio aerobic moves.

- **BLT MAT**
  - Butt, Legs & Tummy workout on the mat.

- **YOGA**
  - Physical postures designed to purify the body and provide physical strength and stamina.

- **HATHA YOGA**
  - A set of physical yoga postures and sequences designed to align your skin, muscles, and bones.

- **POWER YOGA**
  - Physical Yoga incorporating poses to improve muscle tone, core strength, stamina and flexibility.

- **RESTORATIVE YOGA**
  - This slow and mindful yoga centers on breath and body alignment. With the use of props the poses, asanas, are held for extended periods of time, up to 5 minutes. A great way to stretch and lengthen your muscles.

- **HiIT SMALL GROUP WORKOUT**
  - High Intensity Interval Training. 30-minute Small Group Workout with 3 formats, Strength, Plyo & Cardio. (NON MEMBERS 78.75 DHS/Class)

- **PILATES REFORMER**
  - Resistance training on the Pilates Reformer Machine; developing good alignment, core strength, flexibility, coordination, and balance. Maximum 8 participants per class. (MEMBERS 63 DHS/class | NON MEMBERS 126 DHS/class.)

- **STRONGMAN**
  - Strongman is the integration of strongman movement/energy systems into the constantly varied semi-Cross-Fit model. That means “Old School” movements with “New School Programming”. The typical Strongman event consists of 5 workouts in one day.

- **LES MILLS BARRE**
  - A modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, LES MILLS BARRE is a combination of cardio and strength with high reps of small-range-of-motion movements and very light weights. If you’re seeking a different style of training or a new kind of self-expression, you will love LES MILLS BARRE.

- **LES MILLS BARRE**
  - Without the traditional barre to support you, the muscles supporting your body’s stability and strength becomes the focus. It may look beautiful, but don’t underestimate the burn.

- **Fit Kids 45**
  - The ultimate way to get kids engaged with their bodies discovering and developing the kinaesthetic sense.

  - This group exercise designed for athletes to boost their energy and endurance level. It is for about 60 minutes where each individual can give the one hundred percent effort through several workout stations designed for the whole body. It is intense, active, allows you to recover between the stations. This type of training keeps your heart rate up and burns more than 750 calories.