



# ASPIRE ACTIVE BEAUTYFULL Program

		19th September - 31st October 2010								
		8:00	9:00	10:00	16:00	17:00	18:00	19:00	20:00	
LADIES CLUB	STUDIO 2	MON			Body Shape					Circuit
		TUE								Body Shape
		WED								
	STUDIO 3	MON		Body Shape (Arabic)		Pilates			Core Movement	
		TUE			Pilates			Pilates		
		THU			Pilates	Body Shape (Arabic)				
	STUDIO 4	MON					Nutrition Group			
		THU			Nutrition Group					
	STUDIO 6	SUN	Core Movement	Interval Workout	Back Fitness	Chair & Core Conditioning			Circuit/ Workout	
		MON					Body Shape	Circuit		
		TUE	Back Fitness	Circuit		Chair & Core Conditioning	Circuit			
		WED	Circuit	Body Shape		Core Movement		Interval Workout	Pilates	
	WALKING MEETING AREA	SUN	Walking				Walking			
		MON	Walking							
		TUE	Walking				Walking			
		WED	Walking				Walking			
		THU	Walking				Walking			
	CARDIO STUDIO	SUN			Easy Cycling					
		TUE			Easy Cycling				Easy Cycling	
		WED			Easy Cycling					
THU			Easy Cycling							
SWIMMING POOL	SUN			Aqua Running			Aqua Running			
	WED						Aqua Running			
	THU		Aqua Running							
GYM MAIN AREA	SUN					Gym	Gym	Gym		
	MON	Gym	Gym	Gym						
	WED					Gym	Gym	Gym		
	THU	Gym	Gym	Gym						

**Note:**

- \* Conditions apply to enroll in **BEAUTYFULL Program**.
- \* Classes and times are subject to change and availability.
- \* The instructor may cancel a class or direct attendees to another class if the number of participants is insufficient.
- \* Certain classes are combined with the Women's Fitness Exercise Program

\* **Gym: No Program Introduction / Only KINESIS or EASYLINE at:**  
 Mondays and Thursdays, 10:00 - 10:50  
 Sundays and Wednesdays, 19:00 - 19:50

**Levels** (depending on Health Check / Body Composition Analysis Results):

- Level I: Overweight / Obese + medium risk population
- Level II: Overweight / Obese + low risk population
- Level III: Overweight + no risk population

## BEAUTYFULL PROGRAM - CLASS DESCRIPTIONS & SUPPORT GROUPS

<p><b>AQUA RUNNING</b> The buoyant effect of water provides an optimum non-weight bearing workout environment. This class incorporates gentle aerobic exercise increasing cardiovascular expenditure and addressing daily aches and pains.</p>	<p><b>BACK FITNESS</b> This class addresses the needs of individuals with pre-existing back pain issues. The focus of the class falls on posture awareness and correction, strengthening back muscles and complimentary supporting muscles to prevent re-occurring injuries.</p>	<p><b>BODY &amp; MIND FUSION</b> Combination of relaxation methods to refuel physical and mental strength. Focus on dealing with reducing the strain and stresses of day to day situations calmly and serenely.</p>	<p><b>BODY SHAPE (Women Fitness Program)</b> Tone, shape and strengthen all body parts through a variety of resistance exercises.</p>	<p><b>CHAIR &amp; CORE CONDITIONING</b> Workout with chair exercises to stabilize core muscles affecting the smaller muscles of the spine, pelvis and shoulders. A strong core helps re-distributing the stresses from weight-bearing and protects the back.</p>
<p><b>NORDIC WALKING</b> This form of walking has shown, when performed correctly and regularly to beneficially impact on reducing high cholesterol and blood pressure as it burns more calories. This low impact cardiovascular form of exercise can be seen as the follow-up challenge to enhancing your regular walking class routine.</p>	<p><b>CIRCUIT/WORKOUT</b> Variety of strengthening exercises focused on toning muscles and improving the cardiovascular system. An excellent total body workout.</p>	<p><b>EASY CYCLING</b> Enjoy cycling on special recumbent (laid back) bikes. These bikes allow you to sit in a relaxed position, while developing your cardiovascular system.</p>	<p><b>INTERVAL WORKOUT</b> Used to improve performance by means of alternating high-intensity workout interval sections with low-intensity exercise blocks.</p>	<p><b>FREE SWIM</b> Swimming pool area is open for aquatic program members to swim laps at their own pace.</p>
<p><b>PILATES</b> This special class focuses on a series of non-impact exercises designed to develop abdominal strength, flexibility, balance and improve postural alignment. Slow and controlled movements strengthen and lengthen muscles helping rebalance the body.</p>	<p><b>CORE MOVEMENT / TRAINING</b> A fast-paced, non-choreographed conditioning class taught in a structured environment using a step &amp; core-centric movements.</p>		<p><b>WALKING</b> Walking done properly and regularly is one of the most efficient fat burning exercises. This weight bearing activity also helps strengthen bones and provides an overall workout for your muscles. Popular and beneficial low impact cardio exercise.</p>	<p><b>GYM</b> Workout on special weight machines and complimentary exercises with the focus on improving your cardiovascular endurance and strength of major muscle groups.</p>
				<p><b>YOGA (Women Fitness Program)</b> Styles such as Hatha and Ashtanga, focus on physical and emotional wellbeing. Develop a healthy body and clear mind through sequences of postures/poses.</p>

<p><b>NUTRITION GROUP</b> Weekly session with our ASPIRE ACTIVE Lifestyle Instructor <b>BEAUTYFULL</b> program members' advice and information about healthy nutrition and positive lifestyle changes.</p>
<p><b>SUPPORT GROUP MEETING</b> This monthly group provides our <b>BEAUTYFULL</b> members with information related to the effect of physical activity on the body and mind to encourage and sustain the uptake of regular physical activity on a long term basis. Learn how to achieve holistic health approach that incorporates physical activity with aspects of mental well being and balanced lifestyle.</p>

<p><b>HEALTH CHECK / BODY COMPOSITION ANALYSIS</b> Performing regular health checks can help identify aspects of your lifestyle that may put you at risks for future health problems. The ASPIRE ACTIVE Health Check / Body Composition Analysis provides details as weight, body fat %, body mass index, body water, muscle mass, fat and fat-free mass. Testing will be evaluated individually in the Medical Room from 8:00 - 11:00 (Monday - Thursday), 16:00 - 19:00 (Monday, Wednesday), 16:00 - 18:00 (Tuesday). A re-assessment will be done after 3 months.</p>
<p><b>Booking</b> Please contact the ASPIRE ACTIVE Locker Key Counter (Ladies Club) Tel. 413-6430 8:00 - 11:00 and 16:00 - 20:00 (Sunday - Thursday)</p>