

Women's Gym Fitness Program

Getting started for an ASPIRE ACTIVE gym workout comprises a consultation and fitness level assessment. This is followed by a program introduction session, in which the member is introduced to their personalized workout plan by our expert trainer (included are up to two follow-up sessions). After 6 weeks there is an optional checkup session to assist and discuss personal progress and success.

Note: The Gym Fitness Program is an add-on and cannot be purchased separately

Gym Session

Fitness Level: All Levels

A gym session at the ASPIRE ACTIVE WFGP includes:

- Weight training on machines
- Free weights
- Individually designed workout plan
- Stability and Functional training exercises
- Cardio training on machines
- Stretching

All of the above can be combined to suit individual needs and goals. There is always a trainer on hand at the gym area to answer specific questions and provide advice or help with the machine setup.

Kinesis Class

Note: Accommodates up to 8 members per session.

During a Kinesis circuit class, participant alternate between the 4 different Kinesis Wall stations (α , β , γ , δ). These stations are accompanied by structured "free" exercises to compliment the class theme / target. Kinesis functional training tones selected muscle groups in combination with elevating the heart rate. A fabulous total body workout suitable for all levels.