



ASPIRE ACTIVE

Women's Fitness Program & Teenage Girls 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 1 Cardiovascular Workout	SUN	Interval Tae Bo	Groove	Step Combo	Circuit training	3/15 Workout	Latin Combo	Aero Interval	
		MON	3/15 Workout	Step Challenge	Latin Combo	Aero Interval	Step Combo	Aero Combo	Interval Tae Bo	
		TUE	Interval Tae Bo	Aero Interval	Interval Step	Aero Combo (in Arabic)	3/15 Workout	Latin Combo	Interval Jump	
		WED	3/15 Workout	Interval Jump	3/15 Workout	Step Combo	Aero Interval	Groove	Interval Tae Bo	
		THU	Interval Jump	Aero Interval	3/15 Workout	Step Combo	Groove	Circuit training		
	STUDIO 2 Conditioning / Lift & Burn	SUN	Body Condition	Legs, Bums & Tums	Body Shape	Lift & Burn	Legs, Bums & Tums	Body Shape	Lift & Burn	
		MON	Abdominal Workout	Lift & Burn	Body Shape	Body Shape (in Arabic)	Legs, Bums & Tums	Body Shape	Body Condition	Circuit training
		TUE	Body Shape	Lift & Burn		Body Shape	T'Jazz	Legs, Bums & Tums	Lift & Burn	Body Shape
		WED	Body Shape	Lift & Burn	Legs, Bums & Tums	Legs, Bums & Tums	Body Condition	Legs, Bums & Tums	Body Shape	Circuit training
		THU	Body Shape	Legs, Bums & Tums	Body Shape	Lift & Burn	Body Shape	Legs, Bums & Tums		
	STUDIO 3 Mind & Body	SUN	Yoga	Pilates				Pilates		
		MON		Body Shape (in Arabic)			Pilates	Pilates	Core Training	
		TUE	Yoga (1hr & 20min)		Pilates			Pilates		
		WED		Pilates			Pilates	Yoga	Pilates	
		THU	Yoga							
	SPINNING Indoor Cycling	SUN		Spinning			Spinning			
		MON	Spinning	Spinning				Spinning		
		TUE		Spinning			Spinning	Spinning		
		WED	Spinning	Spinning				Spinning		
		THU		Spinning			Spinning			
WALKING Indoor & Outdoor	SUN	Walking				Walking				
	MON	Walking								
	TUE	Walking				Walking				
	WED	Walking				Walking				
	THU	Walking				Walking				
TEENAGE GIRLS (October 3 - 31, 2010) STUDIO 1, 7 & Tennis Court	SUN		Fitness Games Tennis Court	Movement with Music Studio 7			Latin Combo Studio 1			
	MON					Movement with Music Studio 7	Fitness Games Tennis Court			
	TUE					Movement with Music Studio 7	Fitness Games Tennis Court			
	WED		Fitness Games Tennis Court	Movement with Music Studio 7			Groove Studio 1			
	THU									

Note:

- * Classes and times are subject to change and availability.
- * Teenager (12 - 17 years) can join the following classes at 6pm: Latin Combo, Groove, Movement with Music and Fitness Games.
- * During Ramadan there will be a modified timetable, during public holidays and special events (Eid Al Fitr, Eid Al Adha, Christmas and New Year) there will be no or accordingly reduced activities.
- * The instructor may cancel a class or direct attendees to another class if the number of participants is insufficient.
- * For Mixed Classes (Women & Men) - please check the Men's Fitness Timetable

Intensity Levels:

- Low to Medium
- Medium to High (NOT FOR BEGINNERS)
- Dependent on individual's fitness level

WOMEN'S FITNESS PROGRAM & TEENAGE GIRLS PROGRAM - CLASS DESCRIPTIONS

<p>3 / 15 WORKOUT Combination of aerobics, step and toning in 15 minute blocks.</p>	<p>AERO COMBO Cardio aerobics choreo with low & high impact options, followed by all over body toning exercises.</p>	<p>AERO INTERVAL / CIRCUIT TRAINING Cardiovascular workout combined with strength and conditioning exercises. An excellent total body workout.</p>	<p>BODY CONDITION Intensive toning workout focusing on specific muscle groups of the lower and upper body using equipment such as elastic bands, hand weights and or body weight.</p>	<p>BODY SHAPE Tone, shape and strengthen all body parts through a variety of resistance exercises.</p>	<p>ABDOMINAL WORKOUT/ CORE TRAINING Targets abdominal and lower back. Workout to shape the midsection and increase core strength.</p>
<p>GROOVE/HIP HOP <i>Teenage girls over 12yrs allowed.</i> Cardio workout with simple aerobics choreo based on funk, hip hop, break dance, latin and more.</p>	<p>INTERVAL STEP Combination of basic step and toning/shaping workout. All over exercise session.</p>	<p>LATIN COMBO <i>Teenage girls over 12yrs allowed.</i> Cardio workout with aerobics choreo, using basic Latin movements (mambo, merengue, salsa and cha-cha-cha) followed by an all over body toning workout.</p>	<p>LEGS, BUMS & TUMS Tone and shape muscles of the gluteals (bum), abdominals (tum) and legs.</p>	<p>LIFT & BURN TECHNIQUE – COMPULSORY This compulsory class introduces techniques used in Lift & Burn to ensure optimum safety and effectiveness.</p>	<p>INTERVAL TAE BO Challenging cardio/conditioning workout. Combo of martial-arts self-defence (jabs, punches and kicks) and toning exercises.</p>
<p>INTERVAL JUMP This class combines a unique cardio blast using the mini-tramp, followed by a toning / shaping resistance workout.</p>	<p>SPINNING TECHNIQUE - COMPULSORY This compulsory class guides individuals in correct bike setup and spinning techniques.</p>	<p>WALKING & RUNNING Popular and beneficial high impact cardio exercise. Gain maximum benefit from walking and running, through a host of different techniques.</p>	<p>STEP CHALLENGE Cardio challenge with advanced and complex step choreo.</p>	<p>LIFT & BURN Challenge every major muscle group with bars and hand weights. Choreo with current Arabic and Western music. <i>Compulsory Technique class requires to access scheduled Lift & Burn classes.</i></p>	<p>T (TECHNIQUE) JAZZ <i>Teenage girls over 12yrs allowed.</i> Learn basic Jazz dance techniques and choreo.</p>
<p>PILATES Develops abdominal strength, flexibility, balance and postural alignment. Slow and controlled movements strengthen and lengthen muscles helping rebalance the body.</p>	<p>SPINNING Indoor cycling class designed to improve cardio endurance and burn fat. <i>Compulsory Spinning Technique class required to access scheduled Spinning classes.</i></p>		<p>STEP / CONDITION Cardio step workout followed by all over toning exercises.</p>		<p>YOGA 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>WALKING Popular and beneficial low impact cardio exercise. Expert instruction in variety of techniques to gain maximum benefit from walking.</p>		