



ASPIRE ACTIVE Women's Gym Fitness Program

		19th September - 31st October 2010							
		8:00	9:00	10:00	16:00	17:00	18:00	19:00	
LADIES CLUB	CENTRAL GYM AREA	SUN	Gym	Gym	Gym	Gym	Gym	Gym	Gym
		MON	Gym	Gym	Gym	Gym	Gym	Gym	Gym
		TUE	Gym	Gym	Gym	Gym	Gym	Gym	Gym
		WED	Gym	Gym	Gym	Gym	Gym	Gym	Gym
		THU	Gym	Gym	Gym	Gym	Gym		
	BEAUTYFULL Gym & Kinesis / EasyLine	SUN					BEAUTYFULL - Gym	BEAUTYFULL - Gym	Kinesis / EasyLine
		MON	BEAUTYFULL - Gym	BEAUTYFULL - Gym	Kinesis / EasyLine				
		TUE							
		WED					BEAUTYFULL - Gym	BEAUTYFULL - Gym	Kinesis / EasyLine
		THU	BEAUTYFULL - Gym	BEAUTYFULL - Gym	Kinesis / EasyLine				

Note:

- * Membership only valid with registered GYM Add-On.
- * Classes and times are subject to change and availability.
- * 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.
- * Please book your pre-requisite Consultation, Program Introduction or Follow up appointment at the Studio 2 Info Desk.

WOMEN'S GYM FITNESS PROGRAM - CLASS DESCRIPTIONS

GYM SESSION

Individually designed and guided workouts according to specific needs and goals. Following your consultation/fitness level and program introduction sessions (mandatory), clients are free to train within the scheduled hours. Follow up sessions and expert instruction are readily on hand.

KINESIS CLASS

A circuit style class with maximum of 8 participants. This class alternates between 4 Kinesis Wall stations and complimentary structured exercise blocks. This functional movement style class provides all over or specific muscle groups toning effect in combination with elevating the heart rate. A unique fun total body workout suitable for all levels!