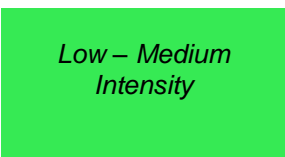


## Women's Fitness Program

ASPIRE ACTIVE (AA) offers a variety of group fitness exercise classes. The focus falls on improving physical condition and well being through a variety of exercise methods, whilst ensuring they combine enjoyment and fun. The classes on offer are classified according to different types of levels, as noted below:

- |                  |  |   |   |
|------------------|--|---|---|
| • <b>Level 1</b> |  <i>Low – Medium Intensity</i>  | For the beginner with limited exercise and fitness class exposure                   | <b>Technique:</b> <i>Exercise Techniques will be explained from base level</i>      |
| • <b>Level 2</b> |  <i>Medium - High Intensity</i> | For individuals already accustomed to fitness classes and have a good fitness level | <b>Technique:</b> <i>Some previous knowledge of exercise technique is required</i>  |
| • <b>Level 3</b> |  <i>All levels of Fitness</i>   | Each individual in the class will be guided as per their personal fitness level     | <b>Technique:</b> <i>exercise technique will be provided on an individual level</i> |

### 3 / 15 Workout

*Three principal class divisions / exercise components:*

- 15 Minutes cardiovascular (easy to follow) aerobics choreography.
- 15 Minutes cardiovascular basic step choreography.
- 15 Minutes shaping and toning work.

### Body Condition

Intensive toning workout focusing on specific lower and upper body muscle groups. Through exercises such as, squats and lunges the leg muscles are toned and strengthened. Shoulders, chest, arms, adductors, abductors, gluteals, abdominals, etc are targeted by using equipment such as elastic bands, free weights and or body weight.

### Body Shape

This class is designed to tone, shape and strengthen all body parts. Through a variety of progressive resistance exercises with an array of equipment, the targeted muscles are defined without adding bulk to them.

### Core Training

This class focuses on exercises aimed at developing and maintaining the abdominal and back muscles. It assists in correcting poor posture and providing a protective shield for the spinal column and internal organs. Equipment such as fitballs, light dumbbells and therabands are added to the sessions.

### Groove

A cardiovascular and fat burning workout with simple aerobics choreography using basic movements from funk, hip hop, break dance, Latin and more.

### **Hip Hop**

This funky and energetic class combines and builds s up from the basic to the more complex movement s and step combinations. Learn how to pop, lock and move like a “Superstar” to the beats and rhythm of Hip Hop music whilst burning up those calories.

### **Interval Aero**

This class combines a short cardiovascular workout with strength and conditioning component. An excellent total body workout.

### **Interval Step**

This form of step offering combines basic step choreography, providing you with a cardiovascular fat burning and toning/shaping resistance training workout. This class offers an all over exercise session.

### **Latin Combo**

*Two principal class divisions / exercise components:*

- Cardiovascular and fat burning workout with simple aerobics choreography, using basic Latin movements like mambo, merengue, salsa and cha-cha-cha.
- Condensed all over body toning work.

### **Legs+Bums+Tums**

This ever popular class is designed to tone and shape the gluteals (bums), abdominals (tums) and leg muscles. A variety of standing and floor-based exercises making your experience both enjoyable and effective.

### **Lift & Burn Technique Class – Compulsory**

This compulsory technique class is designed to introduce exercise series executed with or without a resistance bar. These smaller focus sessions enable the instructor to focus teaching / introducing new techniques, ensuring enjoyment and safety of movement execution during our selected Lift & Burn class.

- *It is compulsory to attend and pass a Lift & Burn Technique class to gain access to attend the scheduled Lift & Burn classes.*
- *The decision of the instructor will remain final.*

### **Lift & Burn**

This unique AA class is designed to challenge every major muscle group of the body. Through the use of resistance bars and hand weights, overall strength and muscle tone is improved. Individual's endurance is boosted through high repetition and low complexity of movements.

- *It is compulsory to attend and pass a Lift & Burn Technique class to gain access to*

- attend the scheduled Lift & Burn classes.*
- *The decision of the instructor will remain final.*

## **Pilates**

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.

- *The Advanced Class on the time table is recommended once adequate strength is gained before attending.*

## **Spinning Technique Class - Compulsory**

This compulsory technique class prepares individuals for a smooth, comfortable and successful experience in the spinning class. Individuals are carefully guided on how to optimally set up their bike. This is followed by instruction related to correct hand positioning, pedaling whilst standing or seated and the AA Health and Safety rules.

- *It is compulsory to attend a Spinning Technique class to gain access to attend the scheduled Spinning classes.*

## **Spinning**

This exercise class uses a stationary “spinning” bicycle in a studio setting. The exercise routines to music are specifically designed to improve your cardiovascular endurance and burn fat.

- *It is compulsory to attend a Spinning Technique class to gain access to attend the scheduled Spinning classes.*

## **Step Challenge**

A cardiovascular challenge workout, using advanced/complex step movements and choreography.

- *This is a red class requiring a higher level of fitness and prior step choreography knowledge / competence.*

## **T (Technique)' Jazz**

This class teaches the basic Jazz dance techniques. The class is broken down into three components:

- 15 minutes warm up and floor exercises
- 15 minutes Jazz techniques
- 15 minutes Choreography block
- 5 minutes cool down.

## **Step / Condition**

*Two principal class divisions / exercise components:*

- Basic step choreography providing a cardiovascular and fat burning workout.

- Focus on all over body toning exercises.

### **Interval Tae Bo**

A challenging and fun cardiovascular/conditioning workout combining different disciplines from martial-arts (series of jabs, punches and kicks), self-defense and toning exercises.

### **Walking Classes**

This class takes place outside / inside, around the Aspire Dome / Park or in the Ladies Club. Walking is one of the most popular and beneficial low impact forms of cardiovascular exercise. Throughout this class you will be guided by the instructor through a variety of techniques and complimentary toning exercise to gain maximum benefit from walking.

### **Yoga**

Styles of yoga such as Hatha and Ashtanga, concentrate on physical and emotional wellbeing contributing to a healthy body and a clear mind. Through a series of postures/poses focusing on correct breathing techniques; circulation, overall muscular strength, flexibility and postural alignment is awakened and achieved.

## **Teenage Girls Fitness Program**

The ASPIRE ACTIVE Teen Girls classes offer a unique experience for a holistic approach and guided introduction into the world of fitness. The classes are carefully designed to be both fun and educational, so as to develop exercise repertoire for lifelong participation. Our Teen girls classes are designed to allow “family exercise” time. Mothers can either join their daughters in these fun dance oriented exercise classes or confidently leave their daughters in the expert hands of our AA instructing team whilst enjoying one of the other exciting class offers.

### **Groove & Hip hop**

*(Please refer to description in the Women’s Fitness Exercise Program)*

### **Latin Combo**

*(Please refer to description in the Women’s Fitness Exercise Program)*

### **T (Technique)’ Jazz**

*(Please refer to description in the Women’s Fitness Exercise Program)*