

# Classes Description

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A.B.S: A class concentrating on exercises for the entire abdominal area.

POWER YOGA: A yoga class using Ashtanga techniques.

SPINNING: A bike ride that shapes & tones your muscles, while greatly increasing cardio fitness.

MARTIAL ARTS KICK BOX: Kick boxing techniques for better style, self-defense & a changed body.

CHINESE STRETCH: New style total body stretch which lengthens and strengthens all your body muscles.

SALSA: Great fun famous Latin dance.

ADRENALIN: A cardio hi-lo workout to enhance your heart rate followed by toning-session.

STREET DANCE: The funky dance based on street dance moves including break dance, popping, locking & hip hop.

DEFINITION: An upper & lower body toning class that uses a variety of toning tools (bands, balls, weights ..... etc ).

BELLY DANCE: The ultimate oriental dance.

4UR BODY: upper & lower body workout designed to shape your body & improve your cardio fitness.

PILATES: A strength & stretch type class named after its founder Joseph Pilates, targeting abdominals & core muscles.

TBW: Total Body workout incorporating both toning & cardio benefits.

STEP TONE: A dynamic Lower body toning and upper body strength workout while improving cardio fitness.

POWER STEP: A high paced funky music step class, with simple choreography that takes you back to what step started out to be !

CARDIO TONE : Improving fitness level with groovy moves followed by a toning segment.

HI LO : A cardiovascular workout that combines low impact dancing moves with high impact combinations.

FITNESS ZONE : Alternating every other week between step / or floor Aerobics that combines a cardio segment followed by intense overall toning and stretching.

POWER BODY : An overall combination of cardio with martial arts exercise moves.

A.V.P: " ACTION VARIETY PACK ": A very active workout packed with a variety of style in a sequence that will put you in an extended cardio / fat burning trance, finished by plyometrics toning exercises.

SHAPE N TONE: Dynamic workout to improve fitness and muscle strength.