

FITNESS PROGRAM AUGUST 2023



WEDNESDAY

03.00PM
BOXING
WORKOUT
(30MIN)

THURSDAY

01.00PM
HIIT
(30MIN)

FRIDAY

01.00PM
CROSS TRAINING
(30MIN)

SATURDAY

09.00AM
HIIT
(30MIN)

SUNDAY

09.00AM
AQUAGYM
(30MIN)

**CLASSES UNDER RESERVATION MINIMUM
12HRS IN REQUESTED**

BOXING WORKOUT

A good and healthy way to relieve stress. This class will help you lose weight and tone your body. It also improves endurance, coordination, reactivity, and agility

IYENGAR YOGA

The Iyengar Yoga focuses on three aspects: alignment, sequencing and timing. Alignment means maintaining the intended pose while respecting the body's boundaries. Iyengar Yoga encourage the use of props to assist students within an asana without putting them at risk of injury .

HIIT

High Intensity Interval Training involves short bursts of intense exercise alternated with low intensity recovery periods. It is the most time-efficient way to workout. This class will maximize your explosive performance and speed.

AQUA GYM

Enjoy our heated swimming pool while toning your body. The water pressure prevents shocks and minimizes the risk of muscle stiffness. feeling of lightness assured!

PILATES

Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

CROSS TRAINING

Known as the ultimate boredom-buster in the gym, cross training will improve your cardio, strength, and flexibility. Mix up your routine with this combination of exercise designed to develop a well-rounded athlete.

ZUMBA

Zumba is a total-body cardio and aerobic workout, which provides a large calorie consumption. A study shows that a person burns 300 to 900 kcal with an hour-long Zumba exercise. So, if a person successfully burns 500 calories in each day's workout, then they can lose one pound of weight in a week as one pound of fat contains about 3500 calories .