



Strength and stretch: (duration 1hr and 10 minutes)

In this class we will focus mainly on resistance training, sculpting, and strengthening, in order to build more muscles mass (you will not get bigger, you will have more muscles definition),

For some of the classes you will need the following basic equipment:

1. A pair of 2 or 3kg weights
2. A pair of 5-8 kg weights
3. An elastic band (medium resistance)
4. A chair
5. A mat
7. A stool

We Will also incorporate 4 minutes of Hiit and some intense ABS exercises,

We will finish the class with deep stretching and the best Yoga's Asanas

This class is for **intermediate advanced**

Strong Nation: (duration 1hr)

Is a revolutionary High Intensity Interval Training (HIIT), led by music to motivate you to crush your ultimate fitness goals — and then making new ones. It's a demanding hour-long session that works your entire body and combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more- Stop counting the reps. Start training to the beat. In each class you'll burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing.

This class is for **advanced/intermediate** fitness level.

Strong 30 class: (duration 30 minutes)

Is a 30 minutes Strong Nation class.

It is for **Intermediate fitness level**



Yogalates: (duration 45 minutes):

Yogalates concentrates on strength in the middle (abdominal area, buttocks and lower back) and evolves isometric contractions to promote "core stability" which enhances spinal/pelvic awareness, stretching muscles, toning the body and improving body posture. This class is suitable for **all fitness levels**.

Zumba: (duration 1hr):

Zumba is a dance fitness program created by Colombian dancer and choreographer Alberto "Beto" Perez during the 1990s. Zumba involves dance and aerobic elements. Zumba's choreography incorporates hip-hop, soca, samba, salsa, merengue, mambo, martial arts, and some Bollywood and belly dance moves

Yin Yoga: (duration 1hr):

Yin yoga works deeply into our body with passive, longer-held poses. It targets the deepest tissues of the body, our connective tissues – ligaments, joints, bones, the deep fascia networks of the body and the meridians. Energetically, Yin yoga improves the energy flow, enhancing the flow of chi (purest energy) in the organs. To be healthy, we need healthy organs as well as healthy muscles. Yin yoga also offers wonderful emotional and mental health benefits.

NEW - Low impact strength: (duration 40 minutes):**

Low Impact strength - High-Intensity Workouts with Low Impact

Along the way, many people have requested that I create a high-intensity program with similar benefits as my Hiit (High Intensity Interval training) classes, but with lower intensity movements, which means no jumps!

This class is perfect for people-

- ✓ who recover from an injury
- ✓ Postpartum women (at least 3 months)
- ✓ Who have knees issues or any other joint issues (shoulders/ wrists etc.)
- ✓ For those who suffer from back pain
- ✓ Because of age or a host of reasons simply prefer low-impact workouts...

I have created this class especially for you!

In this class we will do full body strength incorporating dumbbells, we'll do core and ABS strength and we will finish the class with stretching.

You want to work up a sweat and get incredible body-changing results without the jumping that comes from other high-intensity workouts? You want to be healthier and fitter and be able to improve your fitness level and maybe later on join us to our high-intensity session?

This class is for you!



Please note, it is not your grandmother's low impact workout!

This all new-high-intensity program will work your entire body from head to toe and you will work up a sweat!

You'll burn fat, build lean, toned muscle, decrease your stress, increase your flexibility, and improve your posture, and core strength.

Low Impact Does Not Mean Low Intensity!

lessen the chance of getting diabetes, and even lower your blood pressure.

Making You Fitter Faster , and Having Fun While Doing It!

Plus, all you need for the Low Impact strength movements is a pair of dumbbells and a floor!

Changing the movement pattern allows you to stimulate different muscles to work your body in a new way with each movement. This allows your muscles to recover while you switch gears to work on other muscles in the same workout.

Making You Fitter With Low Impact Movements and Modifications

different parts of your body every workout to provide you with the workout you are looking for!