

# Men's Fitness Program

## May 1 -25 2017

Training Area		03:00 PM	04:00 PM	05:00 PM	06:00 PM	07:00 PM	08:00 PM	09:00 PM
Sunday	Conditioning				Group Fitness	Strength Circuit		
	Multifunction		Extreme Tabata		X-Fit	Rip & Lift Workout	Core Workout	
	Boxing / TRX	TRX Workout				KickBoxing		
	Cycling Studio			Cycling MF				
	Volleyball Area					Fit - Volleyball	Fit - Basketball	
	Rowing / SkiFit							Ski-Row Workout
	MPH-1							Fit Futsal
Monday	Conditioning	Medball		Cardio Workout				
	Multifunction		X-Fit		Rip & Lift Workout	Extreme Tabata		Roll & Stretch
	Boxing / TRX					Kettlebell Workout	Boxing Fitness	
	Volleyball Area				Fit - Basketball	Fit - Volleyball	Fartlek	
	Rowing / SkiFit				Ski-Row Workout			
	MPH-1						Fit Futsal	
Tuesday	Conditioning		Group Fitness				Group Fitness	
	Multifunction			Rip & Lift Workout	Core Workout	X-Fit		
	Boxing / TRX				Boxing Fitness		TRX Workout	
	Cycling Studio					Cycling MF		
	Volleyball Area					Fit - Basketball	Fit - Volleyball	
	Indoor / Outdoor							Fit - Football
	Rowing / SkiFit	Ski-Row Workout						
Wednesday	Conditioning		Cardio Workout	Group Fitness	Medball	Strength Circuit		
	Multifunction	X-Fit				Core Workout	Rip & Lift Workout	
	Boxing / TRX				Boxing Fitness	TRX Workout		
	Cycling Studio						Cycling MF	
	Volleyball Area					Fit - Basketball	Fit - Volleyball	
	Indoor / Outdoor							Fit - Football
Thursday	Conditioning	Cardio Workout						
	Multifunction		Core Workout	Extreme Tabata	Roll & Stretch	Rip & Lift Workout		
	Boxing / TRX			KickBoxing		Kettlebell Workout		
	Cycling Studio				Cycling MF			
	Volleyball Area					Fit - Basketball	Fit - Volleyball	
	Indoor / Outdoor							Fit - Football
	Rowing / SkiFit						Ski-Row Workout	
Saturday	Conditioning		Group Fitness					
	Multifunction			Core Workout		Bosu		Roll & Stretch
	Boxing / TRX				TRX Workout	Kettlebell Workout		
	Cycling Studio				Cycling MF			
	Volleyball Area				Fit - Basketball	Fit - Volleyball	Fit Futsal	
	Rowing / SkiFit						Ski-Row Workout	

**Intensity Levels:**


Low to Medium
  Dependent on individual's fitness level
  Medium to High (NOT FOR BEGINNERS)

**Note:**

\* Classes and times are subject to change and availability.

\* During Ramadan, public holidays, summer months or other events occurring within Aspire Zone there may be an altered or suspended timetable.

\* The instructor may cancel a class or direct attendees to another class if the number of participants is insufficient.

\* ASPIRE ACTIVE Program and Timetables available at: [www.aspire.qa/active](http://www.aspire.qa/active).  Us on Facebook at

<https://www.facebook.com/AspireActive>

### MEN'S FITNESS PROGRAM - CLASS DESCRIPTION

BOSU	Due to the great variety to Bosu workouts, there is a variety of benefits such as strength training, balance training or flexibility training. This class will challenge your muscular endurance, core strength, stability, balance and coordination.
BOXING FITNESS	The class includes boxing techniques focusing on correct posture, footwork and combination punching and is ideal if you want to learn the fundamentals of boxing without the actual 'one on one' contact.
CARDIO WORKOUT	Tailored for the individual looking to increase fitness and burn fat fast! The instructor will guide you through exercises such as rowing, running, skipping, cycling and boxing. It's an ideal workout to get the heart pumping and lungs working.
CORE WORKOUT	It is a great workout that will shape your midsection and increase core strength. Keep in mind that maintaining a strong body core is important at any age; balance, posture and back health have been linked to core strength.
CYCLING MF	Indoor cycling class specifically designed to improve cardiovascular endurance and burn fat.
EXTREME TABATA	High-intensity training that produces remarkable results in both aerobic and anaerobic capacity. A Tabata workout is an interval training cycle of maximum intensity exercise, followed by a short rest, repeated without pause 8 times.
FARTLEK	'Fartlek' is a form of interval and speed training designed to improve pace and endurance. Challenge yourself with explosive running and conditioning exercises combined with recuperative slow jogging blocks.
FIT - BASKETBALL	This team workout incorporates ball games like futsal, football, basketball or volleyball and game components that are perfect for getting that ultimate all round fitness and will also challenge your balance, stability and deep core muscles.
FIT - FOOTBALL	This team workout incorporates ball games like futsal, football, basketball or volleyball and game components that are perfect for getting that ultimate all round fitness and will also challenge your balance, stability and deep core muscles.
FIT - FUTSAL	This team workout incorporates ball games like futsal, football, basketball or volleyball and game components that are perfect for getting that ultimate all round fitness and will also challenge your balance, stability and deep core muscles.
FIT - VOLLEYBALL	This team workout incorporates ball games like futsal, football, basketball or volleyball and game components that are perfect for getting that ultimate all round fitness and will also challenge your balance, stability and deep core muscles.
GROUP FITNESS	This circuit style class combines exercises such as boxing, skipping, push-ups, weights and spinning to provide the best possible all over body workout.
KETTLEBELL WORKOUT	This class provides fast strength, endurance and muscle toning results by challenging your muscular and cardiovascular systems. Technical aspects of the lifts will be covered along with challenging supporting drills and circuits.
KICKBOXING	This class combines cardio, boxing and martial arts and aims to improve strength, aerobic fitness, coordination and balance.
MEDBALL	Our challenging cardiovascular and resistance workout using the medicine ball will improve your core stability, muscular endurance, balance, coordination and flexibility. It's a great full body workout suitable for all ages and fitness abilities.
RIP & LIFT WORKOUT	Challenge every major muscle group with resistance bars and hand weights presented as stability, explosive power and rotational movements. This unique Aspire Active strength-based program takes its inspiration from RIP Group Rx choreographies using the proven RIP formula: Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.
ROLL & STRETCH	Learn to finish any workout on a positive note! This class is a combination of timed stretching and self-massages using a foam roller and teaches you to prevent muscle shortening, increase flexibility, reduce muscle soreness and improve your posture.
SKI-ROW	By bringing together these two great pieces of equipment, our newly designed workout will allow you to reach new fitness limits by balancing opposing muscles and positions for a complete and challenging overall training.
STRENGTH CIRCUIT	This is an ideal session to compliment the 'Cardio Workout' as it addresses the valuable strength component of fitness. Join this enjoyable circuit style session using bodyweight and resistance exercises.
TRX WORKOUT	The intense TRX workout features own bodyweight exercises utilizing the TRX suspension training system. Develop total body strength, balance, flexibility, joint stability and range.
X-FIT	Medium-intensive cross training class which combines multiple workouts styles. Provides excellent strength, endurance, energy and recovery benefits.