

# Teenage Boys Program

## May 1 - 25 2017

Training Area		04:00 PM	05:00 PM	06:00 PM
Sunday	Conditioning	Group Fitness (SHAHEEN)	Group Fitness (SAQR)	
	Rowing / SkiFit		Nutri-Teen Time (SHAHEEN) 14 <sup>th</sup> only	Nutri-Teen Time (SAQR) 14 <sup>th</sup> only
Monday	Boxing / TRX	TeenRX (SAQR)	TeenRX (SHAHEEN)	
	Swimming Pool			SWIM TEST (ALL)
Tuesday	Swimming Pool			Swim Fit (ALL)
	Teen Gym	Teens Into Strength (SHAHEEN)	Teens Into Strength (SAQR)	
Wednesday	Multifunction	Teen Tabata (SAQR)	Teen Tabata (SHAHEEN)	
Thursday	Volleyball Area		Fitgames (SHAHEEN)	Fitgames (SAQR)
Saturday	Volleyball Area		Fitgames (ALL)	
	Swimming Pool			Aqua FitGames (ALL)

**Note:**

\* **Teenage Boys Age Groups:** SHAHEEN (12 - 14), SAQR (15 - 17).

\* 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).

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



Like Us on Facebook at

**TEENAGE BOYS PROGRAM - CLASS DESCRIPTION**

<b>AQUA FITGAMES (SAQR)</b>	Fun yet challenging class with structured water games designed to improve overall fitness, breathing and coordination.
<b>AQUA FITGAMES (SHAHEEN)</b>	Fun yet challenging class with structured water games designed to improve overall fitness, breathing and coordination.
<b>FITGAMES (SAQR)</b>	Fun and challenging class with structured exercise games targeting endurance, strength and fitness via individual and team building activities. Depending on the weather this class will be held in the ASPIRE Dome or outdoors.
<b>FITGAMES (SHAHEEN)</b>	Fun and challenging class with structured exercise games targeting endurance, strength and fitness via individual and team building activities. Depending on the weather this class will be held in the ASPIRE Dome or outdoors.
<b>GROUP FITNESS (SAQR)</b>	This circuit style class combines exercises such as boxing, skipping, push-ups, weights and spinning to provide the best possible all over body workout.
<b>GROUP FITNESS (SHAHEEN)</b>	This circuit style class combines exercises such as boxing, skipping, push-ups, weights and spinning to provide the best possible all over body workout.
<b>NUTRI-TEEN TIME (SAQR)</b>	Join our guided nutrition education series specifically designed for teen boys where our experts discuss eating habits and current nutrition topics of interest. This exciting series will help you to make smart food choices.
<b>NUTRI-TEEN TIME (SHAHEEN)</b>	Join our guided nutrition education series specifically designed for teen boys where our experts discuss eating habits and current nutrition topics of interest. This exciting series will help you to make smart food choices.
<b>SWIM FIT (SAQR)</b>	Carefully designed for teens with basic swimming abilities to increase overall fitness levels whilst providing stroke correction and instruction to improve water confidence and swimming technique.
<b>SWIM FIT (SHAHEEN)</b>	Carefully designed for teens with basic swimming abilities to increase overall fitness levels whilst providing stroke correction and instruction to improve water confidence and swimming technique.
<b>SWIM TEST (ALL)</b>	<p><b>(Compulsory Requirement) Why do we have to test you?</b>                  Due to swimming pool depth and to ensure your safety, those who wish to enroll in aquatic classes are tested to determine current aquatic skills.                  Testing is based on the following criteria:                  * Confident entry into the water.                  * Ability to float comfortably on front or back.                  * Ability to swim 25 m confidently.                  * Confident whilst submerged under water.                  Testing will be evaluated individually. The decision of the instructor will remain final. Booking your Test:                  To sign up, contact:                  ASPIRE ACTIVE Aquatic Reception: Teen Boys Aquatics: Tel. No. 4413-6488 or 4413-6245                  5:00 - 8:00 p.m. Sunday - Thursday</p>
<b>TEENRX (SAQR)</b>	"Make your body your machine" Introduction to suspension training with the Teen RX while emphasizing on correct posture, coordination and safe movements for a highly efficient full body workout.
<b>TEENRX (SHAHEEN)</b>	"Make your body your machine" Introduction to suspension training with the Teen RX while emphasizing on correct posture, coordination and safe movements for a highly efficient full body workout.
<b>TEENS INTO STRENGTH (SAQR)</b>	Introduction to safe and effective resistance training using gym related equipment, including soft free weights and body weight exercises that are targeting the whole body and suited for this age group development needs. Resistance training is based on the principle that muscles of the body will work to overcome a resistance force when required to do so. Health benefits of resistance training include improved muscle strength and tone, healthy weight, increased bone density and strength.
<b>TEENS INTO STRENGTH (SHAHEEN)</b>	Introduction to safe and effective resistance training using gym related equipment, including soft free weights and body weight exercises that are targeting the whole body and suited for this age group development needs. Resistance training is based on the principle that muscles of the body will work to overcome a resistance force when required to do so. Health benefits of resistance training include improved muscle strength and tone, healthy weight, increased bone density and strength.
<b>TEEN TABATA (SAQR)</b>	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.
<b>TEEN TABATA (SHAHEEN)</b>	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.