

Teenage Girls Program

March 2017

	Training Area	04:00 PM	05:00 PM
Sunday	FS3	Pilates (12-14 years Group 1)	RIPPED (12-14 years Group 2)
	Swimming Pool	Teen Aquatics (12-14 years Group 1)	
Monday	FS7		Zumba (All Groups)
	Cycling Studio	3/15 Spin (All Groups)	
	Swimming Pool	Teen Aquatics (12-14 years Group 2)	
	Indoor / Outdoor		Walking (12-14 years Group 1)
Tuesday	FS3		Abdominal Workout (15-17 years Group 4)
	Swimming Pool	Teen Aquatics (15-17 years Group 4)	
	BF Room		Fooducate (All Groups)
Wednesday	FS7	RIPPED (15-17 years Group 3)	
	Swimming Pool	Teen Aquatics (15-17 years Group 3)	
	Indoor / Outdoor		Walking (12-14 years Group 2)
Thursday	FS3		HIP HOP (All Groups)
	FS7	Abdominal Workout (12-14 years Group 2)	
Saturday	Indoor / Outdoor	Walking (All Groups)	Fartlek (All Groups)


Note:

* **Teenage Girls Age Groups:** (12-14 years Group 1), (12-14 years Group 2), (15-17 years Group 3) and (15-17 years Group 4)

* 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.  Us on Facebook at <https://www.facebook.com/AspireActive>

TEENAGE GIRLS PROGRAM- CLASSES DESCRIPTIONS

3/15 SPIN	Three 15-minute-long blocks of spinning, followed by functional training and a final blast of spinning will challenge your cardio abilities while simultaneously improve your flexibility, abs, balance and lean power with functionality training.
ABDOMINAL WORKOUT	This training tightens the abdominal structures involved in movement and improves the transfer of power to and from the extremities, teaches the muscles to work together efficiently and effectively, and improves the torso's stabilization.
FOODUCATE	Empowering nutrition workshops for teenage girls. To help them learn about food and healthy life choices through informative and fun activities.
HIP HOP	This funky and energetic class combines and builds s up from the basic to the more complex movement s and step combinations. Learn how to pop, lock and move like a "Superstar" to the beats and rhythm of Hip Hop music whilst burning up those calories.
PILATES	This special class focuses on a series of non-impact exercises designed to develop abdominal strength, flexibility, balance and improve postural alignment. Slow and controlled movements strengthen and lengthen muscles helping rebalance the body.
RIPPED	This high intense total-body workout program masterfully combines the components of R.I.P.P.E.D. - Resistance, Intervals, Power, Plyometrics and Endurance along with Diet suggestions.
TEEN AQUATICS	The classes are part of Teen Fitness program. Focus on exercises which increase heart rate, work specific muscle groups.
WALKING	Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. This class takes place outside / inside, around the Aspire Dome / Park or in the Ladies Club. Walking is one of the most popular and beneficial low impact forms of cardiovascular exercise. Throughout this class you will be guided by the instructor through a variety of techniques and complimentary toning exercise to gain maximum benefit from walking.
ZUMBA	The Zumba program fuses Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away including rhythms from Merengue, Salsa, Cumbia and Reggaeton.