

# Women's Fitness Program

## 01-25 May 2017

	Training Area	7:15 AM	08:00 AM	09:00 AM	10:00 AM	03:00 PM	04:00 PM	05:00 PM	06:00 PM	07:00 PM
Sunday	FS1	Early Fit	Tabata	3/15 workout	Body Shape	Circuit Training	Abdominal Workout	Strong by Zumba	Tabata	Body Shape
	FS2		Body Shape	Rip & Lift			Step Advance	Body Shape	Legs, Bums & Tums	
	FS3		Legs, Bums & Tums	Abdominal Workout					Abdominal Workout	
	FS5							TRX		
	FS7		Yoga	Pilates	Flex & Strength		Flex & Strength	Pilates		
	Cycling Studio		Cycling	Cycling					Cycling	
	Active Hall		Fartlek WF							
Monday	FS1	Early Fit	RIPPED	Step Advance			Abdominal Workout	Body Shape	Zumba	
	FS2		Body Shape	Legs, Bums & Tums			Legs, Bums & Tums	Rip & Lift	Legs, Bums & Tums	
	FS3		Legs, Bums & Tums	Kettlebell			Kettlebell			
	FS5		TRX						TRX	
	FS7		Flex & Strength	Pilates		Pilates		Abdominal Workout	Yoga	
	Cycling Studio		Cycling	Cycling				Cycling		
	Active Hall				Boot camp					Circuit Training
Tuesday	FS1	Early Fit	Fun Kick	Zumba	Body Shape	Abdominal Workout	RIPPED	Tabata	Zumba	Interval Workout
	FS2		Body Shape	Rip & Lift			Body Shape	Legs, Bums & Tums	Body Shape	
	FS3		Body Shape	Abdominal Workout					Abdominal Workout	
	FS7		Fit Barre	Yoga	Roll & Relax 30min.		Abdominal Workout	Flex & Strength	Pilates	
	Cycling Studio		Cycling	Duathlon				Cycling		
	Active Hall								Fartlek WF	
	BF Room				Let's talk about well-being					
Wednesday	FS1		3/15 workout	Abdominal Workout	Body Shape		Abdominal Workout	Zumba Step	Fun Kick	Legs, Bums & Tums
	FS2		Body Shape	Step Advance	Abdominal Workout		Legs, Bums & Tums	Body Shape	Rip & Lift	
	FS3			Body Shape					Abdominal Workout	
	FS5		TRX							
	FS7		Flex & Strength	Pilates		Pilates	Fit Barre	Yoga		
	Cycling Studio	Early Spin	Cycling					Cycling		
	Active Hall		Fartlek WF							
	BF Room							Let's talk about well-being		
Thursday	FS1	Early Fit	Tabata	Zumba	Body Shape	Circuit Training		Tabata		
	FS2		Body Shape	Rip & Lift			Body Shape			
	FS3		Interval Workout	Abdominal Workout			Abdominal Workout			
	FS5						TRX			
	FS7		Yoga	Pilates	Roll & Relax 30min.			Flex & Strength	Pilates	
	Cycling Studio		Cycling					Cycling		
Saturday	FS1		Body Shape	Abdominal Workout		Circuit Training	Abdominal Workout	Body Shape		
	FS2						Legs, Bums & Tums	Abdominal Workout		
	FS7				Pilates				Power Yoga	

Intensity Level  
 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.

\* "Eyes on Nutrition" session. Open for all female members.

\* 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>

WOMEN'S FITNESS PROGRAM - CLASSES DESCRIPTIONS	
3/15 WORKOUT	These fun and motivating sessions are divided into three parts: 15 minutes of cardiovascular (easy to follow) aerobics choreography, 15 minutes of cardiovascular basic step choreography and 15 minutes of shaping and toning work.
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.
BODY SHAPE	Train your muscles in this freestyle class with a low impact warming up and muscle toning exercises for the complete body. High repetitions with or without light weights and burning muscles are characterizing for the body shape.
BOOT CAMP	An exciting and intense workout, where we bring the benefits of military fitness to your everyday fitness regime by using a combination of body weight exercises mixed with kettle bells, free weights and medicine balls that will push you to your limit. This specially tailored boot camp for can be quite challenging, but also hugely rewarding and it facilitates the ultimate physical condition to achieve a strong-shred body.
CIRCUIT TRAINING	A full body workout can help you meet your fitness goals more efficiently and this class will get you there, since it combines a short cardiovascular workout with strength and conditioning component.
CYCLING	Indoor cycling class specifically designed to improve cardiovascular endurance and burn fat.
DUATHLON	This class was specifically designed to provide you a total cardio workout that combines indoor cycling and the indoor running activities.
EARLY FIT	Begin your day with an energizing session of walking in combination with toning all-over workout activities. This vigorous align-and-flow style class will wake you up and get you going and flowing into the rest of your day.
EARLY SPIN	Join this 35-minute-long session of intense indoor cycling action to kick start your day and increase cardio/endurance levels. We have expert instructors who work out the routines to get the best from the class.
FARTLEK WF	'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 BARRE	A fabulous workout designed to tone, shape and transform your body through a combination of Ballet, Pilates and Resistance training. Join us and experience results that can be seen and felt.
FLEX & STRENGTH	This class includes strengthening exercises that focus predominantly on the back and abdominal muscles and stretching exercises that will help you to develop muscle flexibility and reduce the stress in the shoulders, neck, back and hip areas.
FUN KICK	This dynamic session combines individualized and partner workouts with the 'standing' punching bag. Blast fat all over with these muscle-sculpting exercise moves by joining our total body-shaping class, combined with martial art movements.
INTERVAL WORKOUT	Interval training is the ultimate cardiovascular workout, a lot of fun, very effective and best of all, interval training makes it possible to get better results in less time, helping you reach your fitness and weight loss goals quickly.
KETTLEBELL	This intense class provides fast strength, endurance and muscle toning results by challenging your muscular and cardiovascular systems with dynamic, total body movements.
LEGS, BUMS & TUMS	This class is designed to tone and shape your gluteals (bums), abdominals (tums) and leg muscles and in order to have the perfect workout effect a variety of standing and floor-based exercises are used.
LET'S TALK ABOUT WELL-BEING	Weekly nutrition classes for our members who seek to make a positive change in their lifestyle. This class provides you with the latest info in the field of nutrition & health, helping you and your family to make optimal food and lifestyle choices
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.
POWER YOGA	Power Yoga is a series of postures designed to improve strength, balance, and flexibility. Each class is independently sequenced by our teachers, offering varied, fun, and dynamic classes.
RIP & LIFT	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.
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
ROLL & RELAX 30MIN.	30 minutes session focusing on recovery and relaxing your muscles. We will guide you to find the trigger points to facilitate recovery, injury prevention and performance enhancement
STEP ADVANCE	Step aerobics helps to burn calories, reduce stress, promote restful sleep, strengthen muscles and gives the body a more streamline appearance. Sign up for this challenging workout, using advanced and complex step movements and choreography.
STRONG BY ZUMBA	Strong by Zumba is a High Interval Training class using more traditional moves for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition. There are movements inspired by dance but these are limited to a Zumba class, so it's perfect for those not comfortable in a full-out dance class.
TABATA	Join a training that produces remarkable results in both aerobic and anaerobic capacity. This approach of an interval training method involves ultra-intense exercise, followed by a very short rest, repeated continuously for 8 times.
TRX	This program utilizes gravity and personal body weight to develop strength, balance, flexibility and core stability and delivers an effective total-body workout that increases muscular endurance.
YOGA	Yoga can change your physical and mental capacity quickly: Through a series of postures/poses focusing on correct breathing techniques; circulation, overall muscular strength, flexibility and postural alignment is awakened and achieved in this class.
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.
ZUMBA STEP	Zumba Step increases cardio and calorie burning. It combines toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba brings to the dance-floor.