

## GROUPTRAINING

01 SEPT – 31 NOV 2020

MO	09:00 – 10:00	PUMP	ANITA
	11:00 – 11:45	MEDICAL FITNESS	SELDA
	18:00 – 18:45	CORE	STEPHEN
	19:00 – 20:00	OUTDOOR BOOTCAMP	JARRED
TUE	09:00 – 10:00	FLOW YOGA	SELDA
	11:00 – 11:45	PILATES	SELDA
	18:00 – 18:45	HIIT	JARRED
	19:00 – 20:00	NAAM YOGA	JACQUELINE
WED	09:00 – 09:45	HIIT	JARRED
	11:00 – 11:45	CALISTHENICS	JARRED
	18:00 – 18:45	KICKBOX FITNESS	JARRED
	19:00 – 20:00	PUMP	ANITA
THU	09:00 – 10:00	TAE BO & TONING	SELDA
	11:00 – 11:45	COMBI YOGA PILATES	SELDA
	18:00 – 18:45	HIIT	JARRED
	19:00 – 19:45	MOBILITY	JARRED
FRY	09:00 – 10:00	STEP & TONE	ANITA
	11:00 – 11:45	STARKER RÜCKEN	STEPHEN
	16:00 – 16:45	MEDICAL FITNESS	SELDA
SAT	09:15 – 10:00	CORE	STEPHEN
	10:15 – 11:30	PUMP XXL	ANITA
SUN*	10:00 – 11:00	SUNDAY SPECIAL*	TEAM
	11:15 – 12:00	MOBILITY	TEAM

### BETREUTE ZEITEN / SUPERVISED HOURS

MO - DO	08:00 – 13:00 / 16:00 – 20:00
FR	08:00 – 13:00 / 16:00 – 19:00
SA	09:00 – 16:00
SO	09:00 – 13:00

\*SUNDAY  
KURSE / CLASSES SPECIALS UND WORKSHOPS CHECK EXTRA PLAN (GYM / WEB)  
MAX. 12 PEOPLE PER CLASS - SIGN IN (APP, TEL, MAIL, STAFF)

**OUTDOOR BOOTCAMP** A TRAINER ENCOURAGES YOU TO DO INTENSIVE EXERCISES FOR 30"- 5'. TU WHAT SEARGENT HEARTCHECK SAYS TO YOU AND BE WEATHERFIT.

**CALISTHENICS** STRENGTH TRAINING WITH YOUR OWN BODY WEIGHT. THE FOCUS IS ON INTERMUSCULAR COORDINATION. ACROBATICALLY INSPIRED EXERCISES IMPROVE YOUR BODY STABILITY AS IF YOU WERE PLAYING.

**CORE** TARGETED TRAINING OF THE MUSCLES BETWEEN DIAPHRAGM AND HIP. BREATHING IS CORE !

**HIIT - HIGH INTENSITY INTERVAL TRAINING** DIVERSIFIED CIRCUIT WITH SHORT INTENSE INTERVALS. KETTLEBELLS, TUBES AND YOUR OWN BODY WEIGHT ARE YOUR CHALLENGE.

**KICKBOXING FITNESS** ASPECTS OF KICKBOXING. YOU LEARN INTERESTING TECHNIQUES AND COMBINATIONS AND WORK ON YOUR COORDINATION AND ENDURANCE.

**MEDICAL FITNESS** AGAINST PAIN IN THE SPINE, SHOULDER GIRDLE, HIP JOINT, KNEE. MOBILISATION AND STRENGTHENING.

**MOBILITY** THE NAME SAYS IT ALL! MOBILITY, BREATHING, RELAXATION.

**NAAM YOGA** A UNIQUE COMBINATION OF POWERFUL BREATHING EXERCISES, MINDFUL MOVEMENTS AND SOUND. HEALING BODY AND MIND.

**PILATES** FLEXIBILITY, MUSCLE POWER AND ENDURANCE. PILATES EMPHASIZES THE CORRECT ALIGNMENT OF POSTURE.

**PUMP** BARBELL TRAINING FOR STRENGTH ENDURANCE AND TARGETED FAT BURNING. SQUATS, LIFTS, CURLS AND PRESSES - ALL MAIN MUSCLE GROUPS ARE TRAINED. UP TO 1000 REPS PER HOUR.

**STARKER RÜCKEN** THE MAIN GOAL OF BACK TRAINING IS TO STRENGTHEN THE BACK MUSCLES FUNCTIONALLY SO THAT THEY CAN COPE WITH THE STRESSES AND STRAINS OF EVERYDAY LIFE. GOODBYE BACK PAIN...

**STEP AND TONE** JOINT-GENTLE CARDIO TRAINING WITH SIMPLE CHOREOGRAPHIES AND STRENGTH EXERCISES - FUN, TRAINING AND GOOD MUSIC.

**TAE BO** INTENSIVE FITNESS GYMNASTICS WITH AEROBIC EXERCISES, FAST MUSIC AND MARTIAL ARTS TECHNIQUES SUCH AS KICKS AND PUNCHES.

**YOGA FLOW** ASANAS ARE IDEALLY COMBINED WITH EACH OTHER. BREATHING AND MOVEMENT BECOME ONE. REFRESHING, RELAXING AND BALANCING FOR BODY AND MIND.