

2-8 September

GROUP PROGRAMS TIMETABLE

Time	Gym	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Gym	Saturday	Sunday			
7:30	Gym №1			Pilates Flow \$ <i>Olga</i>		Pilates Flow \$ <i>Olga</i>							
	Gym №2												
9:00	Gym № 1		Total body <i>Alexandra</i>	Interval <i>Anastacia</i>		BOSU <i>Alexandra</i>					Gym № 1	Iyengar Yoga <i>Helen</i> 90 min	
	Gym № 2										Gym № 2		
10:00	Gym № 1	Total body <i>Valeriy</i>	Pilates <i>Tatiana</i>	Stretch <i>Anastacia</i>	Soft Fitness <i>Olga</i>	Pilates <i>Anton</i>					Gym № 1		Latina <i>Olga</i>
	Gym № 2										Gym № 2		
11:00	Gym № 1	Iyengar Yoga <i>Helen</i> 90 мин			Stretch <i>Olga</i>						11:00	Gym № 1	Iyengar Yoga <i>Helen</i> 90 min
11:00	Gym № 2										Gym № 1		
12:00	Gym № 1		PortDeBras® \$ <i>Olga</i>		Belly Dance <i>Olga</i>						12:00	Gym № 1	
13:00	Gym № 1										Gym № 2		
13:00	Gym № 2						13:00	Gym № 1	Soft Fitness <i>Olga</i>				
13:30	Gym № 1						Gym № 1		Wellness stretch \$ <i>Olga</i> 90 min				
14:00	Gym № 1				Yoga <i>Olga Sh</i> 90 min		14:00	Gym № 1					
15:00	Gym № 1	ATTENTION! Commercial classes are held by appointment. Minimum number of people in class is 3. You can make an appointment by dialing 8(495)637-40-76					Gym № 2						
18:30	Gym № 1	Pilates <i>Olga</i>	Total Body <i>Anastacia</i>	Lower Body <i>Olga</i>	Pilates <i>Anton</i>	Total Body <i>Olga</i>	 <p>We are always happy to see you at our group classes. Come and make yourself fit, healthier and more attractive</p>						
	Gym № 2												
19:00	Gym № 2												
19:30	Gym № 1	Belly dance <i>Olga</i>	Yoga <i>Helen</i> 90 min	Wellness stretch \$ <i>Olga</i> 90 min	Yoga <i>Helen</i> 90 min						Gym № 1		
	Gym № 2										Gym № 2		
20:00	Gym № 1					Stretch <i>Olga</i>					Gym № 1		
	Gym №2				Pilates Flow \$ <i>Olga</i>						Gym № 2		
20:30	Gym № 1	PortDeBras® \$ <i>Olga</i>									15:00	Gym № 2	
21:00	Gym № 1												

Dear club members! You could send your comments and suggestions referring group programs via email to manager Olga olga.shashlykova@gmail.com

Description of Group Classes

Aerobic and Power Classes

Real Ryder** 55 мин	Real Ryder - a dynamic Cycle - a simulator, which simulates cycling, guaranteed to provide a fullbody training which is functional and amusing a well
Functional 55 мин	Circuit functional training, aiming all muscles groups. Mostly consists of exercises involving your own weight. Develops coordination, stamina and flexibility
HOT IRON** 55 мин	Certified main muscular groups power training using special demountable barbell.
Total body ** 55 мин	Total body workout to develop power, coordination and stamina. Class incurs use of bodybars, dumbbells, VIPR or other equipment
Lower body ** 55 мин	Legs, buttocks and abs training
TRX **	Workout involves usage of your own weight and gravity to develop power endurance, stamina, balance, coordination, flexibility and joints' stability, core strengthening. Training incurs no thrust (spine) load!
TRX Strong ** 45 мин	Functional training with the usage of suspension systems of higher complexity. The workout builds your core strength, tones and strengthens main muscular groups, developing stamina and balance
INTERVAL** 55 мин	Fitness training with alternating periods of high and low intensity and different types of physical activity as well (a mix of aerobic and classical strength developing exercises)
BOSU ** 55 мин	Functional training on an unstable platform. Develops strength, endurance, coordination, agility
Soft Fitness ** 55 мин	Workout to tone and strengthen your main muscles, not that intensive as most of other workouts. The training is recommended for seniors. Special attention is provided to safety technique, detailed explanations of each exercise are given
ABS+Flex** 55 мин	Abdominal exercise combined with exercises to develop flexibility

Dance Classes

Latina ** 55 мин	The class is based on choreography of the Latin American dance, as well as Club Latina - salsa, meringue, bachata - and some afro styles
Belly Dance ** 55 мин	Oriental dance, or Bellydance takes its origin from Northern African tribes, cultural traditions of Middle East and Turkey. The choreography incurs all your body accentuating and embracing the hips movements. The dance develops joint flexibility and has some positive impact to pelvic core muscles

BODY& MIND

Healthy Back** 55 мин	Class for building strength in back muscles using stretching and therapeutic medical training
Pilates** 55 мин	The system of the exercises, allowing to strengthen a muscular corset at the minimum backbone load to improve posture, to develop flexibility of joints, elasticity of sheaves, and intermuscular coordination.
Pilates Flow ** 55 мин	Contemporary Pilates. Dynamic and original exercises will strengthen your back muscles, will make you feel your body more lightweight, healthy and functional. The format allows usage of elements of stretching, choreography, barre, functional training. Fitballs, body bands and some other equipment could be used
PortDeBras™ ** 55 мин	Unique exercise system that combines functional and dynamic traction with sets of hand and arm-related activity. The routine is restorative and rehabilitative and can also be used for building strength in back muscles. Ballet exercises combined with yoga, stretching and pilates elements, performed in particular sequence and tempo, will improve your posture, make your movements graceful and tone your body. Exercises are based at integral elongation methods, concepts of natural movement and balance
Hatha Yoga ** 90 мин	Style of trainings: statics and dynamics combination. Smooth transition from asan to asan with phases of fixing and study of separate poses (body detuning, work with attention, breath) .
Yoga Iyengar ** 90 мин	The method assumes performance of asan (poses) and pranayamy (breath control). A certain sequence of performance of asan creates a complex of impact on all organism, allowing to create the counterbalanced condition of mind.
Stretch ** 55 мин	Flex (Stretching) is the class which includes exercises for muscles stretching, development of flexibility, sheaves elasticity and joints mobility. The class helps to restore the functionality of muscles, which will make your training process more effective
Wellness Stretch ** 55 мин	Restorative stretching routine to enhance flexibility of body muscles and joints. Includes elements of osteopathic therapy and special feet training exercises

Level of the class

* - beginners

** - any level

***- advanced



Commercial class

Format or instructor change