

13 - 19 May

TIMETABLE OF GROUP PROGRAMS

| Time | Gym | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------|---------|--|--------------------------------------|--|-------------------------------------|--------------------------------------|
| 9:00 | Gym № 1 | | Functional <i>Natalya</i> | Interval <i>Natalya</i> | | BOSU <i>Amir</i> |
| | Gym № 2 | | | | | |
| 10:00 | Gym № 1 | Total body <i>Yana</i> | Pilates <i>Tatiana O.</i> | Abs+flex <i>Natalya</i> | | Stretch <i>Amir</i> |
| | Gym № 2 | | | | Real Ryder <i>Natalya</i> | |
| 11:00 | Gym № 1 | Iyengar Yoga <i>Elena V 90 min</i> | | | Stretch <i>Natalya</i> | Social latina <i>Olga</i> |
| 11:00 | Gym № 2 | | | | | |
| 12:00 | Gym № 1 | | PortDeBras* \$ <i>Olga</i> | | | |
| 13:00 | Gym № 1 | Pilates <i>Anton</i> | | | HOT IRON™ <i>Valeriy</i> | Yoga <i>Ivan 90 min</i> |
| 13:00 | Gym № 2 | | TRX \$ <i>Anton</i> | | | |
| 13:30 | Gym № 1 | | | | | |
| 14:00 | Gym № 1 | | | Yoga <i>Ivan 90 min</i> | | |
| 15:00 | Gym № 1 | ATTENTION! Commercial trainings are held by appointment. Minimum number of people in class- 3. You can make an appointment by dialing 8(495)637-40-76 | | | | |
| 18:30 | Gym № 1 | Pilates <i>Anton</i> | INTERVAL <i>Amir</i> | Total body <i>Natalya</i> | Pilates <i>Anton</i> | Functional <i>Valeriy</i> |
| | Gym № 2 | BOXING <i>Denis</i> | Pilates <i>Anton</i> | | | |
| 19:00 | Gym № 1 | | | | | |
| 19:30 | Gym № 1 | Belly dance <i>Olga</i> | Hatha Yoga <i>Ivan 90 мин</i> | Wellness stretch \$ <i>Olga 90 мин</i> | Hatha Yoga <i>Elena V 90 min</i> | PortDeBras* \$ <i>Olga</i> |
| | Gym № 2 | | | | | |
| 20:00 | Gym № 1 | | | | | |
| 20:30 | Gym № 1 | PortDeBras* \$ <i>Olga</i> | | | | |
| 21:00 | Gym № 1 | | | | | |

Dr. LODER
СКИДКА -25%

Специальное предложение
Body&Relax
10 персональных тренировок
+
10 сеансов массажа
Идеальное тело – это легко!
Подробности на рецепции

| | | | |
|-------|---------|---------------------------------------|--|
| 11:00 | Gym № 1 | Iyengar Yoga <i>Elena V 90 min</i> | |
| 12:00 | Gym № 1 | | Latina <i>Maya</i> |
| 12:00 | Gym № 2 | TRX *** \$ <i>Valeriy</i> | |
| 13:00 | Gym № 1 | INTERVAL <i>Valeriy</i> | Wellness stretch \$ <i>Olga 90мин</i> |
| 14:00 | Gym № 1 | | |
| 15:00 | Gym № 2 | | |

Dr. LODER

ОТКРЫТЫЙ ЧЕМПИОНАТ СЕТИ ФИТНЕС-КЛУБОВ Dr.LODER
ПО БОКСУ И КИКБОКСИНГУ СРЕДИ ВЗРОСЛЫХ И ДЕТЕЙ

25 мая
Начало регистрации участников: 11:00
Старт соревнований: 12:00
Место проведения: Dr.LODER «Белорусская»
Запись и подробная информация на рецепции клуба.

Fitness-manager Nesmeev Dmitriy, d_nesmeev@loder.ru

The description of group classes

| | | | |
|-------------------------------|---|----|-----------------------------------|
| Real Ryder ** 55 min | Real Ryder - a dynamic Cycle - a simulator, which simulates cycling, guaranteed to provide a complete physical activity that simultaneously fascinating and fun. | | |
| HOT IRON ** 55 мин | Power training of the main muscular groups with the use of a special folding bar. | | |
| Jump Fitness ** 55 min | Functional training in "jumpers"-special shoes that can help you to jump high and get fit at the same time. | | |
| Lower body ** 55 min | Training of muscles of feet, buttocks and abdominal tension. | | |
| Functional ** 55 min | The program is directed on study of all groups of muscles, including deep. Develops coordination, dexterity, flexibility, and also muscular endurance. | | |
| TRX *** 55 min | Using the power of attraction and its own weight and for the development of strength, endurance, balance, coordination, and stability of joints, muscle strengthening exercises korseta. Pri no axial (vertical) load on the spine! | | |
| INTERVAL** 55 min | This fitness training with alternating periods of high and low intensity and types of physical activity (a mix of aerobic and strength exercises classical) | | |
| BOSU ** 55 min | Functional training on an unstable platform. Develops strength, endurance, coordination, agility. | | |
| ABS+Flex ** 55 min | Abdominal exercise combined with exercises to develop flexibility. | | |
| Dancing programs | | | |
| TANGO 55 min | Latin American partner dance with an energetic and clear rhythm. | | |
| Latina ** 55 min | The class is based on choreography of the Latin American dances. In the program are included : club Latina (salsa, meringue, bachata) | | |
| BODY& MIIND | | | |
| Pilates ** 55 min | The system of the exercises, ailowing to strengthen a muscular corset at the minimum load of a backbone to improve a bearing, to develop flexibility of joints, elasticity of sheaves, and also intermuscular coordination. | | |
| PortDeBrass™ ** 55 min | 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 buiding strength in back muscles. | | |
| Hatha Yoga ** 90 min | 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 min | 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. | | |
| Wellness Stretch ** 50 min | Restorative stretching routine to enhance flexibility of body muscles and joints. Includes elements of osteopathic therapy and special feet training exercises. | | |
| Stretching * 50 min | Flex (or Stretching) is the class includes exercises on extension of muscles, development of flexibility, elasticity of sheaves and mobility of joints. | | |
| Healthy back * 55 min | A program that gives your body strenght and flexibility,corrects your posture,improves well-being and tones in geneval. | | |
| Combat sport | | | |
| Boxing ** 55 min | Ije class of classical boxing. Tecnique of blows of hands in combination with overall physical condition, elements of conducting a fight in pairs-sparrings. | | |
| The level of training: | ** - for any level | \$ | Commercial lesson |
| * - for beginners | *** - advanced. | | Changing the format or instructor |