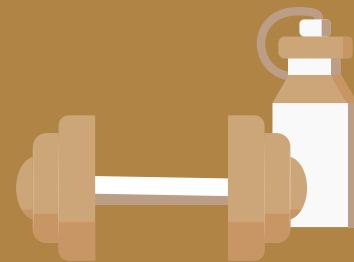
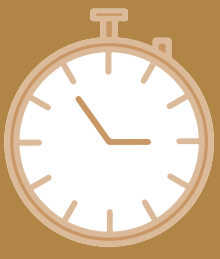


FITNESS TUESDAY SCHEDULE



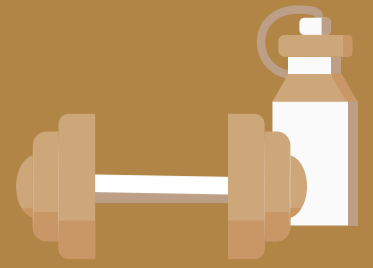
MONTH	DATE	DAY	TIME	EVENT
JULY	06/07/2021	Tuesday	18:00 - 19:00	Boot Camp
	13/07/2021	Tuesday	18:00 - 19:00	Stretching and Flexibility
	20/07/2021	Tuesday	18:00 - 19:00	Health Coaching: Nutrition, programs, healthy routine advice.
	27/07/2021	Tuesday	18:00 - 19:00	Cross Fit
AUGUST	03/08/2021	Tuesday	18:00 - 19:00	Abs & Body Core
	10/08/2021	Tuesday	18:00 - 19:00	Hips and Legs
	17/08/2021	Tuesday	18:00 - 19:00	Weight Lifting
	24/08/2021	Tuesday	18:00 - 19:00	Cardio and fat burning
	31/08/2021	Tuesday	18:00 - 19:00	Stretching and Flexibility
SEPTEMBER	07/09/2021	Tuesday	18:00 - 19:00	Total Body Workout
	14/09/2021	Tuesday	18:00 - 19:00	Fitness games and club rewards.
	21/09/2021	Tuesday	18:00 - 19:00	Health Coaching: Nutrition, programs, healthy routine advice.
	28/09/2021	Tuesday	18:00 - 19:00	Boot Camp
OCTOBER	05/10/2021	Tuesday	18:00 - 19:00	Hips and Legs
	12/10/2021	Tuesday	18:00 - 19:00	Abs & Body Core
	19/10/2021	Tuesday	18:00 - 19:00	Cross Fit
	26/10/2021	Tuesday	18:00 - 19:00	Total Body Workout
DECEMBER	07/12/2021	Tuesday	18:00 - 19:00	Stretching and Flexibility
	14/12/2021	Tuesday	18:00 - 19:00	Fitness games and club rewards.
	21/12/2021	Tuesday	18:00 - 19:00	Abs & Body Core
	28/12/2021	Tuesday	18:00 - 19:00	Cross Fit





FITNESS TUESDAY

PROGRAM DESCRIPTION



<h3>Stretching & Flexibility</h3>	<h3>Body Pump</h3>	<h3>Cardio & Fitness</h3>
<p>This class will provide you with a broad spectrum of practical knowledge and exercises in the field of stretching and flexibility. So that you can apply directly to your routine. Flexibility is a major fitness component that is often absent in most fitness programs, which is why most people suffer from tight muscles and get injured during exercise as they are not flexible enough for the workout.</p>	<p>Body pump class is a fast - paced, barless, dumbbells based workout specially designed to help you get lean, toned and fit. It uses a combination of motivating music, and scientific program moves to help you achieve your target faster than you would working out on your own.</p>	<p>Cardio & Fitness class is a full-body workout that gets your heart pumping and muscles moving. You will feel the burn in all your muscles. Cardio, core and a challenging mix of intense dynamic core stabilizing exercises using planks, sliders, light weights and dance moves.</p>
<h3>Boot camp</h3>	<h3>Cross Fit</h3>	<h3>Body Toning</h3>
<p>Boot camp is a group exercise class either indoors or outdoors depending on the weather that utilizes a variety of military-style and training concepts with most being designed in a way that pushes the participants harder than they would push themselves.</p>	<p>Cross Fit is a form of high intensity interval training, cross fit is a strength and conditioning workout that is made up of functional movement performed at a high intensity level. Cross fit is similar to the theory of a standard " workout of the day " that all muscles complete on the same day.</p>	<p>Body toning class involves completing reps using a choice of weights that are designed to boost your metabolism and burn body fat. This class varies from week to week to keep your body on its toes and ensures you continue to tone and sculpt your whole body.</p>
<h3>Core & Abs</h3>	<h3>Lower Body</h3>	<h3>Body Combat</h3>
<p>Core & Abs class involves all your midsection and all your muscles in that area including the front, back and sides. The core includes the abdomen, spine, and mid & lower back.</p>	<p>Lower body class focuses on the hips to toes exercises including hips, thighs, knees, ankles and foot.</p>	<p>Body combat is an exercise class that lets you punch and kick your way towards your fitness goals. Not only is it a great whole body workout for cardio fitness, but its also superb for burning fat, releasing stress and improving your coordination.</p>
<h3>Upper Body</h3>	<h3>Endurance & Strength</h3>	<h3>Fat Burning</h3>
<p>Upper body class includes strong toning exercises that target five major parts of the upper body. The chest, shoulders, triceps, biceps and the back. It enhances the strength of muscles joints and bones for better movement and flexibility. It also leads to improved cardio vascular health in terms of increased and sustained performance, fitness, endurance and stamina.</p>	<p>Endurance and strength are two important parts of your body's ability to move, lift things and do day to day activities. Muscles strength is the amount of force you can put out or the amount of weight you can lift . Muscles endorsement is how many times you can move that weight without getting exhausted.</p>	<p>Fat burning class is low to medium intensity cardio workout that keeps your body in its ultimate fat burning zone, so you can shed the kilos and reap the rewards of better fitness and health.</p> <ul style="list-style-type: none"> - Burn calories. - full body workout. - keeps heart rate in the fat burning zone for weight loss. - low to medium intensity.

