**Group Exercise Programme**

**www.everyoneactive.com**

<table>
<thead>
<tr>
<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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</thead>
<tbody>
<tr>
<td>08:00 - 08:45</td>
<td>Aqua (Deep) time</td>
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<tr>
<td>08:30 - 09:00</td>
<td>Group Cycling</td>
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<tr>
<td>09:00 - 09:30</td>
<td>Chair Pilates</td>
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<tr>
<td>09:30 - 10:00</td>
<td>Forever Fit</td>
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<tr>
<td>10:00 - 10:30</td>
<td>BODYPUMP™</td>
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<tr>
<td>10:30 - 11:00</td>
<td>Boot Camp</td>
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<tr>
<td>11:00 - 11:30</td>
<td>Group Cycling</td>
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<td>11:30 - 12:00</td>
<td>Pilates</td>
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<td>12:00 - 13:00</td>
<td>Yoga</td>
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<td>13:00 - 14:00</td>
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<td>14:00 - 15:00</td>
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<td>15:00 - 16:00</td>
<td>Chair Pilates</td>
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<td>16:00 - 17:00</td>
<td>Forever Fit</td>
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<td>17:00 - 18:00</td>
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<td>18:00 - 19:00</td>
<td>Group Cycling</td>
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<td>19:00 - 20:00</td>
<td>Forever Fit</td>
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<td>20:00 - 21:00</td>
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<td>21:00 - 22:00</td>
<td>Yoga</td>
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**Class Descriptions**

**BODYPUMP™**
This is the engineering of a workout where you are totally exhausted! This format that has programmed in the recent years by Martini & Gills from a wide range of disciplines such as Kung Fu, Boxing, Tae Kwon Do, Taichi and Muay Thai. It’s a great mix of music and powerful movements that really work your body and Kiitos may enjoy through the appropriate routines.

**Group Cycling**
On yer bike! Calories burning off all over without the stress of any complicated moves. Great music, maximum motivation and a chance to burn up to 400 calories per session. Your journey to calorie burning success starts now.

**Low Impact Aerobics**
An all over body workout. These sessions of popular aerobic sessions ideal for returning faces, fit and frail with very flexible issues.

**High Impact Aerobics**
A martial art-based fitness session which is fun and non-contact. Joint enhancing, calorie killing at its best! Muscles and tone effectively from the upper body and increase strength and stamina.

**Chair Pilates**
Pilates based moves adapted to the chair for those who have limited movement or find it difficult getting on and off the floor.

**Group Cycling**
A fun, low and high intense session for older adults who need to work on their heart, muscles and increase flexibility in one go. One class.

**BODYPUMP™**
This is the original branded cycle, with a 60-minute workout challenge at your major muscle power by using Freeloader weight exercises like Squats, Presses, Lunges and Curls. Great music, cornerstone instructions and your choice of weights for - and fat!

**BODYPUMP™**
Beppe is looking to lower weight, trendy tunes, strength, stamina, endurance, mega weight, mega fun, mega pump and mega pumping to the max in order to create a mega effective workout which replaces traditional moderate-intensity efforts.

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