

# Definitions for group exercise classes

**3DTräning:** Perfect for activating more of the body's muscle groups at the same time and using natural movements such as squats, bends, press exercises, lunges and rotations in all possible directions.

**AntiGravity Restorative Yoga®:** A lovely meditative class. For those who want to find peace and stretch. Mobility exercises are performed in AntiGravity Harrison Hammocks. No previous knowledge required.

**AntiGravity Yoga® Fundamentals:** Gives you the basics of AntiGravity Yoga. You will hang upside down, fly, swing, and see the world from a different perspective. No previous knowledge required.

**Aquatabata:** Interval training at stations in the pool that provides both strength and conditioning. Effective training with tabata intervals = high-intensity intervals, hard work for 20 seconds and then rest for 10 seconds.

**Box & Kick:** Effective training combining fitness and strength work and using a variety of martial arts techniques. We use boxing mitts and boxing gloves.

**ChiYoga:** We work to improve strength, balance and agility in a rhythmic dynamic flow.

**Core:** You train the body's core of back and abdomen, standing, lying and in balance exercises.

**Cykelträning:** Fitness exercise and efficient fat burning.

**Cykelträning Puls:** As above, but using a pulse band that can be borrowed from the cycle hall, individually and anonymously.

**Elghufs:** Ski Walking and running with poles. Hill training outdoors. Both fitness and strength.

**FortGjort:** Exercise in 25-minute classes. The session has a simple format to ensure that you get a lot of exercise in a short time. For more information, go to our website [minfritid.scania.com](http://minfritid.scania.com) under the FortGjort Träning tab.

**Funktionell grupp intensiv:** Interval training in a group with strength and functional full-body exercises interspersed with conditioning. Effective high-intensity training with a step box, barbells, weights and dumbbells, plus tabata intervals.

**Funktionell träning ute:** Outdoor training with Nordic Walking poles, technique and hill interval training in the nature around Gröndal. Aims to train our biggest muscle groups. Strength and cardio workout.

**Gympa:** Traditional basic aerobics focusing on technique, strength, balance, agility, and with lots of strengthening exercises for the back and trunk. Sometimes combinations of timed functional exercises, which makes the training short, intensive and challenging. Suitable for everyone from the inexperienced to the very fit. Good complement to any workout.

**Kettlebells:** Powerful functional training using a kettle ball. Focus on strength, conditioning, balance, stability and coordination with maximum tension in the whole body during every repetition.

**Pilates:** We work to improve strength, stability, flexibility and balance. Powerful breathing that creates endurance.

**PowerYoga:** Physical, powerful yoga inspired by Ashtanga yoga. Focus on breathing, balance, mobility and technique.

**Scania Sport kids:** Station training with and without equipment, plus elements of games and relaxation, 7-11 years.

**Scania Sport Family:** Fitness class with simple equipment & games, where parents and children move together 3-6 years.

**Stark Mamma:** For anyone looking to strengthen their core muscles after pregnancy. OK to bring your child and leave the pram in the hall. NB! Exercise is done without the child.

**Styrka i grupp:** Weight training in a group with step boxes, barbells and dumbbells.

**TRX:** Effective functional strength training with bands attached to the ceiling. Your own body acts as resistance. You engage the entire body, from the feet to the arms, for each movement.

**Vattenträning lätt:** Aqua aerobics. We work to improve fitness, strength and agility at a slower pace.

**Vattenstationsträning:** Interval training at stations that provides both strength and conditioning.

**Vattenträning:** Fitness, strength and agility training using water resistance.

**Yoga:** Lifestyle yoga suitable for everyone. Provides flexibility, new energy and better body awareness. Breathing, relaxation, rest and meditation. Good for stress.

**Zumba:** Dance session with Latin-inspired music and movement, from the styles of Merengue, Salsa, Reggaeton, Cumbia.