

# 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 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 och Kick 45:** Fun and effective training using a variety of martial arts techniques.

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

**Core/Core med boll:** 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.

**Funktionell grupp:** Interval training in a group with strength and functional full-body exercises interspersed with conditioning. Effective high-intensity training with training gears. Indoor or outdoor.

**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.

**Hathayoga:** The purpose of Hathayoga is to create a balance of the different energy systems in the body in order to achieve physical-and mental health through different body-, breathing and concentration exercises and also relaxation.

**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.

**Kondition/Core:** Train your cardio using a step board. Training for your core parts; back and stomach – standing, lying and with balance exercises.

**Pilates:** We work to improve strength, stability, flexibility and balance. Powerful breathing that creates endurance. The exercises are performed on a mat and sometimes with a Pilates ball and Pilates ring.

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

**Scania Sport Family 55:** Fitness class with simple equipment and games where parents and children move together, 3-6 years.

**Stationsträning:** Interval training with strength and cardio exercises for the whole body. Both indoors, outdoors and in water (pool).

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

**Yin yoga:** Yin yoga is performed lying or sitting down. You will stay in every position for several minutes and at the same time practice conscious presence. Opens up rigid hips, the backside of legs and calves and calm your senses. Yin yoga is a good complement to other physical activity.

**Yoga:** Lifestyle yoga suitable for everyone. Provides flexibility, new energy and better body awareness.

Breathing, relaxation, rest and meditation. Good for stress.

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