

# DEFINITIONS EXERCISE CLASSES



**3D Träning:** Here you activate several of the body's muscle groups at the same time and use natural movements such as squats, hip bends, press exercises, lunges and rotations in all conceivable directions.

**Core/Rörlighet:** Abs and back training. Mobility training with long stretching exercises to soften the body, both static and dynamic.

**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.

**Dans & Styrka:** A workout where dance and strength are mixed. The first part consists of dance and warm-up steps, where movements are put together into a choreography. And then strength training with body weight.

**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.

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

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

**Multiträning:** Suitable for you who like to workout and challenge yourself! You can adjust weights and pace to your own ability. Here we work one exercise at a time, put together exercises and go through technique. You get to train strength, cardio and mobility. We use our own body as a tool, kettlebells, barbells, dumbbells, medicine balls etc. are used

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

**Pilates:** Focus is on strength, stability, mobility and balance. Powerful breathing that improves endurance.

**Strong Nation:** A workout with a combination of high-intensity interval training, your own bodyweight exercises, strength and conditioning. The music is an important part of the workout and the movements are synchronized with the music, which gives the workout a high intensity

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

**Styrka / Kondition:** Group interval training with strength exercises interspersed with cardio exercises. Effective training with or without equipment.

**TRX:** Strength workout where we train the whole body in intervals with TRX bands.

**Vattengympa:** Cardio, strength and flexibility training with the water as resistance.

**Floating:** Relaxation and mental meditation in the pool.

**Vatten Tabata:** Training that provides both strength and cardio. Effective training with tabata intervals, = hard work for 20 sec. then rest for 10 sec.

**Yin yoga:** Is a slow style of yoga and is always performed lying down or sitting. Good for short and stiff muscles. Increases mobility. You stay in each posture between 4-5 minutes and at the same time practice conscious presence in the moment.

**Zumba® Fitness:** Dance session to music. Mixed styles such as Merengue, Salsa, Reggaeton, Cumbia, Bollywood and Belly dance. Suitable for both the beginner and for those who are more experienced.