

DEFINITIONS EXERCISE CLASSES



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.

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.

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.

Multitraining: 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.

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

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

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.

Vattengympa: Cardio, strength and flexibility training with the water as resistance. Floating: Relaxation and mental meditation in the pool.

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