

Class	Type	Cardio	Flexibility	Strength	Description
aerobic I1	cardio	70	10	20	<p>This program is a aerobics exercise combined with the music. The program will teach as a basic of movement, name of movement and beat of movement. For all new members can join this program.</p> <p>BENEFITS: This program will give an enjoyable movement, challenge you with coordination movement and increase agility of body. Help to burn off calories as the same time this program is good for exercise Cardiovascular function and to prepare you to the advance program.</p>
antigravity fundamentals 1	flexibility	10	50	40	<p>AG Fundamentals® is opened to new students and aerial arts fans. One will become familiar with the Christopher Harrison AntiGravity® Hammock and the new sensations associated with inversions and flying, while building knowledge of foundational movements e</p>
antigravity fundamentals 2	flexibility	10	50	40	<p>AG Fundamentals® is opened to new students and aerial arts fans. One will become familiar with the Christopher Harrison AntiGravity® Hammock and the new sensations associated with inversions and flying, while building knowledge of foundational movements e</p>
asana & pranayama I1	flexibility	10	75	15	<p>Combination of basic sun salutation and basic yoga postures with breathing exercise. Various postures (Asana) and breathing techniques of yoga (Pranayama) to detoxify, de-stress and boost your energy for good health and vitality. Prefer for new and senior citizen.</p>

<p>body combat l1</p>	<p>cardio</p>	<p>70</p>	<p>5</p>	<p>25</p>	<p>Body Combat Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 740 calories* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ. BODYCOMBAT is available as a either a 55, 45 or 30-minute workout.</p> <p>BENEFITS : BODYCOMBAT works your legs, tones your arms, back and shoulders and provides phenomenal core training. You destroy calories, develop coordination, agility and speed, and feel empowered.</p>
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body tone l1	strength	25	5	70	<p>This program is emphasized to toned up the muscles and for develop of cardiovascular exercise. This program use the small weight resistance plate while moving. This program will improve your body position while exercise (correct form) for all members.</p> <p>BENEFIT : Help to toned up muscles, good for Cardiovascular exercise and correct posture to reduce injury after train.</p>
bum&tum l1	strength	10	10	80	<p>This program is emphasized workout around lower body hip and thighs combined with the music. BENEFITS : Help you to get stronger legs and toned.</p>
cardio sculpt l1	cardio	80	5	15	<p>This program is to use of whole body function with dumbbell and step and combined with the music. The program will continue about 60 minutes to use of cardio and to increase muscle endurance and tone.</p> <p>BENEFIT: An enjoyable program with the music. The program will improve body coordination, effective of muscle endurance, burn calories and increase a stronger cardiovascular function.</p>
circuit l1	cardio	80	5	15	<p>Circuit training is the most time efficient way to enhance cardiovascular fitness and muscle endurance.</p>

core work l1	strength	10	10	80	Core muscle exercise program on the area of waist, abs and the lower back (with music). We'll show you core stability and balance techniques that will help improve your posture while sculpting your waist and abs. After class, you'll feel your abs have tightened up, with more strength building up the more you come to class. We'll also show you how to adjust each move according to your fitness level and experience.
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hatha vinyasa l1	flexibility	10	75	15	It is a continuous flow practice with breathe awareness. It increases balance between physical and pranic energy, increases the inner power and the strength of the joints & muscles.
hatha vinyasa l2	flexibility	10	75	15	It is a continuous flow practice with breathe awareness. It increases balance between physical and pranic energy, increases the inner power and the strength of the joints & muscles.
pilates mat	strength	10	30	60	Pilates Mat classes will engage and challenge you, while balancing your mind and body. Exercises will be designed to suit your individual needs.

step l1	cardio	70	10	20	<p>This program is transitional from basic aerobics program. This program add a step to make the program more challenges than the basic aerobics. This class will teach as the name of movement, the beat of movement with the music and this program is suitable for all members.</p> <p>BENEFITS: An enjoyable program with challenge as Coordination, agility and brain memory. This program also burn calories and good for Cardiovascular exercise.</p>
stretch l1	flexibility	0	100	0	<p>This program is emphasized to stretching and relax tightness of the muscles after trained. In the short period of time and specific muscles</p> <p>BENEFITS : Help the body to reduce lactic acid, to recover muscles sore and tightness and also increase rate of motion for the muscles.</p>
yoga basic l1	flexibility	10	75	15	<p>It is a beginner class to help students to feel steady and well balanced. By this class students can understand the body movements with breathing which will prepare them to practice advance classes. This class based on mainly sitting (seated) postures and few yogic stretches.</p>
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yoga flow l1	flexibility	10	75	15	<p>It is an active and athletic style of yoga adapted from traditional ashtanga system that will synchronize breath with movement to built strength, energy & flexibility.</p>
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zumba l1	cardio	65	15	20	<p>Zumba dance is an aerobic exercising in Latin style, with the infusion of Latin-America dancing style, abdominal dancing, aerobics, and hip-hop</p>