

GROUP EXERCISE

SEPTEMBER Timetable



ADULT CLASSES

KIDS CLASSES

Members: Complimentary
 Guests: Qr. 625 (12 Sessions)
 + 2 Sessions (Free)
 Qr. 55 per session

Members: Complimentary
 Guests: Qr. 465 (12 Sessions)
 + 2 sessions (Free)
 Qr. 40 per session rate CLASS FOR 45 Minutes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
*Aero Combo 10am-10:45am Aerobics Studio Coach DOTHY	*Aqua Aerobics 10am -11am Indoor Pool (For Members Only) Coach DOTHY	*Zumba 10am-11am Aerobics Studio Coach DOTHY	*Aqua Aerobics 10 am -11am Indoor Pool (For Members Only) Coach DOTHY	*Aerobics 10am-10:45 am Aerobics Studio Coach Amani	*Aqua Aerobics 10am -11am Indoor Pool (For Members Only) Coach DOTHY
*Zumba Tone 11am-12nn Aerobics Studio Coach DOTHY	HIIT (High Intensity Interval Training) 5pm-6pm Aerobics Studio Coach FARAH	*Aerobics 11:15am-12pm Aerobics Studio Coach Amani	Spinning 4pm-4:45pm Aerobics Studio Coach DOTHY	*Spin & Tone 11am-11:45am Aerobics Studio Coach DOTHY	Spin & Tone 4pm-4:45pm Aerobics Studio Coach DOTHY
*Spinning 4pm-4:45pm Aerobics Studio Coach DOTHY	*Aqua Aerobics 5pm -6pm Indoor Pool (For Members Only) Coach DOTHY	*Zumba Tone 5pm-6pm Aerobics Studio Coach DOTHY	Fit Kids (minimum 6 years) 5pm-5:45pm Aerobics Studio Coach RAHUL	*Zumba Girls (7-14years) 4:00pm-4:45pm Aerobics Studio Coach Amani	*Aqua Aerobics 5pm -6pm Indoor Pool (For Members Only) Coach DOTHY
*Zumba 5pm-6pm Aerobics Studio Coach DOTHY		*Spin & Tone 6:15pm-7pm Aerobics Studio Coach DOTHY	*Zumba (Mother & daughter) (7-14years) 6pm-6:45pm Aerobics Studio Coach DOTHY	*Zumba 5pm-6pm Aerobics Studio Coach DOTHY	HIIT (High Intensity Interval Training) 6pm-7pm Aerobics Studio Coach FARAH

*Ladies Only

SPECIFIC FOCUS SESSION

DANCE

HIGH ENERGY

CLASS OF THE MONTH SPINNING

- Burn calories
- Improves Cardio Endurance & Build Strength and Tone muscles
- Efficient Stress Reliever

**Classes are designed for all levels and fitness abilities.
 It's fun and great form of stress relief.**

ZUMBA FITNESS:

An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.

AQUA AEROBICS:

Water workout that includes cardio conditioning & muscle strengthening exercises using equipment along, with the water's natural resistance.

SPINNING:

is a low impact indoor cycling workout led by an Instructor. Motivating music will push you along to a great workout in this fun environment. Get fit, develop muscle tone in your legs and your core area.

CIRCUIT TRAINING:

Is a form of body conditioning or resistance training using high-intensity aerobics. It targets strength building & muscular endurance.

FIT KIDS:

Dynamic and fun activities that include calisthenics, running, jumping, plyometric and exercise drills for kids.

HIIT (High Intensity Interval Training):

is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind before the busy days get started.

AERO COMBO:

A combination of low and high aerobics movements blended with Tae-bo and steps for a full body cardio and conditioning dance workout.

GENERAL INFORMATION

- For your safety and as courtesy to other members, please do not enter class if more than 10 minutes after class start time.
- Dana Club has the right to cancel any class after 15 minutes of no attendance.
- In order to ensure an enjoyable experience for all our members, we will be asking you to register your name before each class, when you arrive at the club. This will ensure your place in the class.
- Timetable and Instructors are subject to change.
- Kindly contact reception for confirmation of the class.

Experience the warmth and luxury of modern Arabian hospitality personalized for you, your friends and family