



# GROUP EXERCISE

April 13-30, 2021



**STAYING FIT  
AT HOME IS ESSENTIAL**  
Join our **ONLINE Fitness Classes :**  
**ZOOM CLASSES**

## ADULT CLASSES

## KIDS CLASSES

## NEW EVOLVE OUTDOOR CLASSES & KID'S CLASSES EVERY FRIDAY

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

Members: Complimentary  
Guests: Qr. 75 per class  
Non-Members can bring a friend for FREE  
Limited spaces available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
<b>FIT Kids</b> 3pm-3:45pm  Coach <b>DOTHY</b> ONLINE CLASS	<b>FIT Kids</b> 3pm-3:45pm  Coach <b>DOTHY</b> ONLINE CLASS	<b>FIT Kids</b> 3pm-3:45pm  Coach <b>DOTHY</b> ONLINE CLASS	<b>FIT Kids</b> 3pm-3:45pm  Coach <b>DOTHY</b> ONLINE CLASS	<b>FIT KIDS</b> 3pm-3:45pm  Coach <b>DOTHY</b> ONLINE CLASS	<b>FIT Kids</b> 3pm-3:45pm  Coach <b>DOTHY</b> ONLINE CLASS
<b>*Core</b> 4:15pm-5pm  Coach <b>DOTHY</b> ONLINE CLASS	<b>*Tabata</b> 4:15pm-5pm  Coach <b>DOTHY</b> ONLINE CLASS	<b>*Aerocombo</b> 4:15pm-5pm  Coach <b>DOTHY</b> ONLINE CLASS	<b>*BLT</b> 4:15pm-5pm  Coach <b>DOTHY</b> ONLINE CLASS	<b>*Aerocombo</b> 4:15pm-5pm  Coach <b>DOTHY</b> ONLINE CLASS	<b>*BLT</b> 4:15pm-5pm  Coach <b>DOTHY</b> ONLINE CLASS
<b>*Zumba</b> 7pm-7:45pm  Coach <b>DOTHY</b> ONLINE CLASS	<b>*Core</b> 7pm-7:45pm  Coach <b>DOTHY</b> ONLINE CLASS	<b>*Zumba</b> 7pm-7:45pm  Coach <b>DOTHY</b> ONLINE CLASS	<b>*Aerocombo</b> 7pm-7:45pm  Coach <b>DOTHY</b> ONLINE CLASS	<b>*Zumba</b> 7pm-7:45pm  Coach <b>DOTHY</b> ONLINE CLASS	<b>*Tabata</b> 7pm-7:45pm  Coach <b>DOTHY</b> ONLINE CLASS
<b>*Aerocombo</b> 8pm-8:45pm  Coach <b>DOTHY</b> ONLINE CLASS	<b>*Zumba</b> 8pm-8:45pm  Coach <b>DOTHY</b> ONLINE CLASS	<b>*Tabata</b> 8pm-8:45pm  Coach <b>DOTHY</b> ONLINE CLASS	<b>*Zumba</b> 8pm-8:45pm  Coach <b>DOTHY</b> ONLINE CLASS	<b>*Core</b> 8pm-8:45pm  Coach <b>DOTHY</b> ONLINE CLASS	<b>*Zumba</b> 8pm-8:45pm  Coach <b>DOTHY</b> ONLINE CLASS

**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.

### CORE:

Firming the deep Core muscles is the fastest way to shrink your waist and improve your posture. A workout that concentrate on your core muscles upper, middle ,bottom and oblique's.

### BLT :

This is a workout for those difficult areas if you want to burn serious calories while toning these specific areas then this is the class for you.

### AEROBICS:

is a combination of low impact and high impact exercise workout led by an Instructor to help you stay engaged and motivated push you along for a great workout Get fit, develop your body strength and burn you body fats.

### 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.

### TABATA ( BODY WEIGHT):

is a high-intensity interval training that consists of 8 sets of fast paced exercises each performed for 20-seconds interspersed with a brief rest of 10 seconds.

**BOXING:** it's an Ultimate full body workout that Enhance Cardiovascular Health, Improved Body Coordination, Burns Calories, developing further your strength and Increase Self confidence

## 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