



EXERCISE CLASS GLOSSARY



KEY TO LEVELS:

 **Aerobic / Cardiovascular / Fat-burning exercise**

 **Muscular toning / Strengthening exercise**

 **Stretching / Mind-body exercise**

By offering a wide range of Exercise Classes throughout the day, to suit different tastes and fitness levels, our team of highly qualified teachers aim to motivate and educate you that extra step towards a fitter you! Each exercise class description is coded using the above symbols, which give an indication of the intensity of each element of fitness. This should help you choose which exercise class you would like to try - so give it a go!

All these exercise classes are FREE to ASV Health & Fitness Members (peak / off-peak as appropriate)!

Aerobics

A traditional class, not to be missed. This multi-impact, choreographed workout of user friendly moves will challenge your body to another level.

Body Conditioning

This is a studio-based unique body conditioning class, where old and new exercise techniques are merged to harness a fulfilling whole body workout.

Bodysculpt

Join us with this highly popular training concept that uses adjustable weights and motivational music to sculpt and shape your whole body.

Boxfit

Punch your way to a perfect physique. This knock-out session combines boxing movements and circuit exercises for a great workout and stress-buster. You'll be "hooked" for sure! Short of time? - try our 40 minute lunchtime 'blast' session.

BLT / BLT Blast

A pure conditioning class with effective exercises which target the "Bums, Legs and Tums". Choose from our 40 minute workout, or 30 minute 'blast' class.

Cardiac Rehab

A BACR-accredited phase IV cardiac rehabilitation exercise class, by referral only.

Circuits

Are you ready for the weekend? This dynamic circuit challenge is both fun and hard-work ... now you're ready!

Combat Aerobics **OR**

This dynamic blend of aerobic and combat-based moves combine to give you a high energy and fun workout - an exhilarating, stress-busting and total-body cardio class!

Evergreens

Our popular Evergreens classes are for the over 60's, or individuals beginning exercise for the first time. This Easter we are offering 2 Exercise to Music classes, and a Swimming session (no instruction).

Fitness Yoga

This class uses the postures and stretches of yoga in a group exercise format to develop strength, stability and flexibility.

Sports Conditioning

The ultimate athletic workout! A unique class with serious results! This high intensity workout for athletes and games players will undoubtedly improve your performance. It will hurt... but it's worth it!

Step

Creative moves, choreographed around the step, for an effective fat-burning and toning workout.

Studio Cycling **OR**

Cycle your way to improved aerobic fitness, and toned muscles throughout the lower body. Classes this Easter include a moderately demanding 45 minutes or a high energy 60 minutes.

Total Fitness

If you think you're fit, then think again - we dare you to try this class! It uses dynamic exercises and sprints to develop overall fitness. You won't find a class like it anywhere else!

Ultimate Abs

A 30 minute focus on the abdominals, introducing effective exercises to give you maximum core stability. Feel the burn!

20/20/20

Looking for something with a bit of variety? 20/20/20 is a new and exciting class that allows you to sample a little bit of everything. 20 minutes of cardio training, 20 minutes of body toning, and 20 minutes of core training in one class!

www.aberdeensportsvillage.com