



TILLSAMMANS  
**STARKARE**  
ÄN NÅGONSIN

**In group training we offer:**

**AEROBIC MUSCLE** - A dance class with basic choreography. A mix of step-and jump combinations to challenge the cardio and strength training with workout gears like dumbbells, body bars and rubber bands.

**BODYATTACK** - A workout challenging your strength, cardio and endurance. This high intensity interval training that combines athletic aerobic moves with strength and stabilization exercises.

**BODYBALANCE** - A yoga inspired workout. We focus on the breathing, posture and mobility training at a calm and comfortable flow. The class ends with relaxation.

**BODYCOMBAT** - Martial arts inspired workout. Developed from tai chi, karate and boxing. Cardio, strength and coordination in the same workout.

**BODYPUMP** - Strength training in a group. Challenging for both strength and endurance using barbells and weights (1-10 kg).

**BODYSTEP** - A pre-choreographed fitness workout where you work on step up boards. Combined with strength training using weights.

**CORE** - Exercises for the abdomen and back, stabilizing and effective deep core training.

**CROSS MIX** - Test your limits, but start at your own level. Basic and effective circuit training, challenging both cardio- and muscle strength.

**CXWORX** - Effectively stabilize the core. Exercises that creates diagonal strength over the trunk. Workout gear as dumbbells, rubber bands and weight plates can be used.

**HIIT** - HIIT stands for High Intensive Interval Training, where we train with high intensity during short intervals. The own body as the only gear, with the goal of keeping the pulse up continuously.

**JUST DANCE** - A dance class where different dance styles are mixed to give a good cardio challenge meanwhile you get the moves going.

*Sveriges trevligaste träningsanläggning*



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**SENIORTRAINING** - Circuit training for men and women 65+ who want to work out at their own pace, together in group. Different stations that challenge strength, cardio, mobility and balance.

**SOMA MOVES** - Strength, cardio and mobility combined in a flow of movements where your own body is the only training gear.

**SPINNING** - Indoor bicycle training. A mix of intensity and time intervals.

**SPUMP** - Half the workout is spinning and the other half is Body Pump.

**STRONGER PARENT** - For moms who want to get started after childbirth and for dads who want to exercise with their child. Bring your baby and train together in a group to build up the body and staying strong.

**TABATA CHALLENGE** - Intensive interval training. Work at maximum intensity for 20 seconds, then rest for 10 seconds. Basic technique but highly effective for cardio and strength.

**ViPR** - ViPR is a rubber tube with different grip functions and different weights. The tube is used to create different combinations to build strength, mobility, balance and flexibility.

**YOGA** - Basic yoga with classic yoga positions and flows.

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