



GARDEN
CLUB



FITNESS CLASSES

	MON	TUE	WED	THU	FRI
9:00	BURN Gosia S	POWER Khalil	BURN Ariel	SHAPE Asia	POWER Kasjan
10:00	YOGA Arzu	PILATES Asia	YOGA Arzu	PILATES Asia	MOVE Kasjan
19:00	MOVE Gosia S	BOXING Ariel	ZUMBA Maggie	BOXING Ariel	SHAPE Kasjan
20:00	HEALTH Gosia S	YOGA Shibani	STRETCH Arzu	YOGA Shibani	CHILL YOGA Arzu

www.garden-club.pl



MOVE - great for first timers or "long time no see" fitness amateurs. Learn how to workout safely, practice correct movement patterns, benefit from personal attention of the coach and gain great group motivation. All levels welcome!

HEALTH - bodyweight training perfect for those who sit or stand all day. This workout consists of various exercises targeting core and spine and stretching tasks. Main focus is on mobility, flexibility and correct movement patterns. Come and surprise yourself with impressive effects!

PILATES - well-known exercise program with focus on flexibility, muscle toning and correct breathing techniques. Great on every stage of your fitness journey.

SHAPE - mid-intensity workout that improves muscular endurance, shreds your body, defines and tones your muscles. Set of repeatable exercises that leave you feeling firm, delicate, sporty and strong inside.

BURN - high intensity metabolic training, expect a great deal of work in time intervals, tabata style, no fat and effects are just ahead!

POWER - all sports people welcome! This workout helps you build a solid foundation for different sports. We use mini bands and free weights to strengthen weak areas, expect individual attention of a highly qualified coach which will give you long-term results.

ZUMBA[®] - dance and have fun, meet great people, catch good vibes and keep your body in perfect shape! Expect high intensity, energetic moves, great music, mix choreos hip hop/latino/pop/afro dance. Come and feel the burn, heat and the beat!

BOXING - perfect way to relieve daily stress and get rid of tough emotions through intense body movement. The workout blends martial arts with great strength & conditioning training.

YOGA - Our yoga classes focus on building strength, flexibility and stamina in a very calm and relaxed atmosphere. We also bring awareness to the functioning of our internal organs to establish firm and conscious bonds between body and mind. The class incorporates different yoga styles to provide us with a holistic experience. You are very welcome to join the class and spend an hour of your time with great connection to your metaphysical self. Boost your mind and let your inner beauty shine out!