

Class Descriptions

Cardio Spin: This high-energy class helps you ride your way to becoming a lean machine. Consisting of varying speeds, resistance levels and intensities targeted at raising your heart rate and toning your lower body.

60 minutes - All levels.

Cycle Sculpt: A fusion class that combines a mix of cardio spin with pure strength and core conditioning. Get the benefits of both a cardio and strengthening workout for upper and lower body in this fantastic 60 minute session. All levels.

Kick Boxing: A circuit class that combines punching and kicking techniques sparring with the instructor or hitting the punching bag. Full body workout. 60 minute session. All levels.

Pilates: This class will help build core strength, flexibility and agility. Each exercise will aid in posture alignment, balance and economy of motion. 60 minutes - All levels.

Ashtanga Yoga: Ease your body into this invigorating class that incorporates poses to encourage blood flow and lengthen and strengthen the entire body. 60 minutes - All levels.

Yoga Lates: This class combines yoga and pilates which promotes muscular strength and flexibility through a continuum of poses that warm and stretch the body. 60 minutes - All levels.

Vitality Yoga: This flow-based class links poses together at an energetic pace with the intention of holding heat in the body to aid in building strength, flexibility and endurance. Modifications will be offered, being progressive in nature however, prior knowledge of Sun Salutations and standing poses would be beneficial.

60 minutes - Intermediate.

Butts & Guts: This 45 minute class incorporates exercises that target the abs and glutes. All levels.

Circuit Training: Using state-of-the-art fitness training equipment, this class provides a well rounded workout for the entire body.

60 minutes - All levels.

Zumba Fitness: A full body work-out with combination of dance and aerobic steps to tighten and tone your muscles. The principle is a "feel good" workout that energizes the body and the mind to latin music.

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