


WORLD GYM GREECE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 am Pilates with Val S 60 minutes	8:00 am Yoga with Yvonne 60 minutes	8:00 am Barre with Yvonne 60 minutes	8:00 am Stretch Fusion with Val S 60 minutes	8:00 am Pilates with Val S 60 minutes	8:00 am Step with Yvonne 45 minutes	8:00 am TBC with Yvonne 60 minutes
9:00 am TBC with Val S 45 minutes	9:00 am Zumba with Val S 45 minutes	9:00 am Zumba with Rachel 45 minutes	9:00 am Zumba with Val S 45 minutes	9:00 am TBC with Val S 45 minutes	9:00 am Pilates with Karen 60 minutes	9:30 am Zumba with Karen 45 minutes
9:15 am Cycling with Melinda Small Studio 45 minutes	9:00 am Cycling with Susanne Small Studio 45 minutes	9:00 am TRX with Ann F Small Studio 30 minutes	9:15 am Cycling with Melinda Small Studio 45 minutes		9 am Barre with Yvonne Small Studio 45 minutes	10:30 am Bootcamp with Josie 60 minutes
	10:00 am Body Chisel with Joelle 45 minutes	9:45 am Core+Strength with Ann F 45 minutes	10:00 am Body Chisel with Joelle 45 minutes		10:00 am Zumba with Ann Q 60 minutes	
4:15 pm Zumba Express with Karen 30 minutes					10:00 am TRX with Karen Small Studio 30 minutes	
4:45 pm Cardio Core with Karen 45 minutes	4:45 pm TBC Express with Karen 30 minutes					
4:45 pm Cycling with Val Small Studio 45 minutes	4:45 pm Cycling with Val Small Studio 45 minutes	4:45 pm Cardio Core with Karen 45 minutes	5:00 pm Zumba with Holly & Michelle 60 minutes	5:00 pm Zumba with Karen 45 minutes		
5:45 pm Cycling with Megan P Small Studio 45 minutes	5:15 pm Pilates with Karen 45 minutes	5:30 pm TRX with Karen Small Studio 30 minutes				
	6:00 pm Zumba with Ann Q 60 minutes		6:00 Soul Line Dancing with Jackie \$7 drop-in 60 minutes			

Group Fitness Class Descriptions

Barre incorporates elements of Barre, Pilates, Yoga, and strength training to increase balance, flexibility, and core conditioning using resistance, hand weights, weighted body bars and your own body weight.

Body Chisel

This class works all muscle groups with a variety of strengthening and conditioning exercises. This athletic-based sculpting class tones upper and lower body using resistance, hand weights, body bars and your own body weight.

Bootcamp

A cardio based class incorporating bodyweight and light resistance training

Cardio Core

Targets all the components of fitness in one class! Half the class will be dedicated to cardio formats and the other half to core strengthening.

Core+Strength

This class is designed to build and strengthen core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles. Body weight exercises, the use of resistance bands, dumbbells and stability balls may all be used to focus on the core and stability.

Indoor Cycling (Spin)

Indoor cycling, often called spinning, is a form of exercise with classes focusing on endurance, strength, intervals, high intensity (race days) and recovery, and involves using a special stationary exercise bicycle with a weighted flywheel in a classroom setting.

Pilates

A mat class designed to strengthen, tone, and stabilize the muscles of the abs, back, and butt. Muscles are lengthened and stretched creating long lean lines! You are not strong until you are Pilates strong! Suitable for all. (Pilates ball, Pilates ring, mat)

Soul Line Dancing (drop-in class)

A dance class where dancers learn basic steps, rhythms, and routines choreographed to R&B, Motown, and contemporary music

Step Aerobics

A classic cardio workout. It's lasted for decades for a simple reason: It delivers results. The "**step**" is a 4-inch to 12-inch raised platform. You **step** up, around, and down from the platform in different patterns to boost your heart rate and breathing, and strengthen your muscles

Stretch Fusion

A combination of Yoga, Pilates, Barre and Stretch techniques. A mat is a must. Use of fitness straps, Pilates rings, light weights, Ballet Barre, yoga ball, and/or Yoga blocks may be utilized. (Mat, exercise strap)

Total Body Conditioning (TBC)

A fun non-stop strength class designed to build muscular strength and endurance, burn fat and sculpt the body using a variety of equipment including body bars, weights, glides and stability balls. (Light and heavier weights)

TRX

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises.

Yoga

In this class the basic, foundational **yoga** postures are practiced aligning, strengthening and promoting flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement. (Mat, yoga blocks)

Zumba®

ZUMBA® is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.