



SUSPI Gymnasium Aerobic Class Descriptions:

Aerobics:

Aerobics (beginner, intermediate and advanced) is a combination of high- and low impact choreographed movements, aimed at increasing your level of cardiovascular fitness.

Aqua Fitness:

Aqua fitness: This class focuses on cardiovascular endurance and muscle conditioning in the pool with the use of apparatus. In this class there is hardly any impact on the joints and the water offers resistance. Anyone can attend this class, including people in recovery, people with back problems as well as pregnant women.

Aqua-sport: The intensity of this class is higher than that of the aqua fitness. As a result it should preferably not be attended by beginners.

Bosu:

The Bosu Balance Trainer allows you to combine all the elements of fitness, namely cardiovascular fitness, strength exercise and flexibility as you learn to "move dynamically" on Bosu's ever changing surface.

Bosu Conditioning

In Bosu conditioning the focus is on strengthening and conditioning the core muscles and stabilizers.

Body Toning:

Body toning is a non-impact class where all the major muscle groups are targeted by using your own body weight and/or a variety of apparatus e.g. elastic bands, dumbbells, Swiss balls, the step, the mat etc. Body toning is excellent for improving strength and aids in the prevention of osteoarthritis and osteoporosis.

Rowing:

The water rowing machine is used in this class to provide a cardiovascular workout. The rowing technique is an excellent total body workout.

Body Dynamics:

Body dynamics focuses on strengthening the core muscles of the body, as well as improving proprioception (balance) and the range of motion of the muscles. This class is excellent for people with injuries, people who move with difficulty, or for those who are in need of special attention.

Cardio Ball

In this class we use the Swiss ball in combination with cardiovascular movements for a complete workout. This class can be attended by all fitness levels.

Callanetics:

Callanetics is a body contouring class using small movements. This class caters for all fitness levels and can be done with or without apparatus (rubber bands and Swiss balls can be used).

Circuit Class

This is a unique class where Easy line machines are integrated with body weight exercises. Focus varies from cardio to toning or strengthening. All fitness levels can attend this class.

Cycling classes (beginner and intermediate) are non-impact, 45-minute sessions, that take place on stationary bikes in a group setting. We offer beginner classes, but the other classes cater for the intermediate as well as the advanced participant. It is advisable to attend two or three beginner classes before any advanced class is attempted.

Dance Dynamics

This is a fun class where hip hop and funk movements are combined with Broadway dance movements to create a cardiovascular, feast! All fitness levels can do this class but it is advised to attend these classes on a regular basis.

Kettle bells:

Kettle bells are bowling ball-sized cast iron weights with a single looped handle on top. Kettle bells range in weight from 4 kg to 48 kg.

The reason for the boost in kettle bell training is that it gets back to basic training that requires functional, whole body fitness. A kettle bell requires you to focus on whole-body conditioning because lifting and controlling a kettle bell forces the entire body and specifically the core to contract as a group.

This will ensure that you are building both strength and stability at the same time. Kettle bell workouts engage multiple muscle groups at once. In this way, they are a great option for getting a whole body workout in a short time. The classes will only be 30 minutes!

NIA:

NIA is an expressive body-mind movement and lifestyle practice, which embraces both fitness and health. NIA offers both traditional and non-traditional benefits and delivers cardiovascular conditioning, flexibility, strength, balance, endurance and relaxation.

It engages the spirit and touches people's hearts, giving them permission to play and more intimately connect to themselves and with others – qualities rarely addressed in traditional fitness programs.

NIA's approach is radically different from traditional fitness methods. It is safe enough to be done in bare feet. NIA encourages the student to modify the movement, speed, and range of motion so that the practice of NIA feels right to them.

Punchline:

Beginner punchline: In this class the participant learns all the basic techniques (i.e. punches and kicks) that are needed to attend a punchline class. Punchline classes are a combination of high intensity and low impact aerobic workout, with movements based on boxing and martial arts. In order to prevent injuries and to get maximum benefit from punchline, it is essential that the participant attend several beginner punchline classes until the basic techniques have been mastered.

Punchline

This is an advanced class that combines different katas to create a choreographed, cardiovascular workout. This class is definitely not for the beginner.

Pilates Combo:

This high/low intensity, low impact class is a combination of a variety of disciplines which include Pilates, callanetics and body toning. The focus is on core stability, balance and suppleness to improve posture and everyday living. This class is suitable for all fitness levels.

Slide:

Slide board training is a low impact, high intensity form of exercise. It improves cardiovascular fitness, muscle endurance, and skills such as speed, agility, power, coordination and proprioception.

Step:

Step is a low impact activity that is both challenging and interesting. This is a cardiovascular workout which is excellent for toning the lower body. It is a choreographed session, and therefore it is important to attend a few beginner classes before intermediate or advanced classes are attempted.

Beginner Step: In this session the instructor introduces the new stepper to the terminology and different steps of this highly choreographed discipline. It is a good cardiovascular workout with choreography that is very easy to follow.

Beginner, Intermediate step.

A beginner who has attended at least 10 beginner classes, will be able to do this class. In this class, the basic steps that have been taught in the beginner class, is put together in basic combinations. Change of rhythm and direction is being introduced.

Intermediate Step: This class is for the participant who has already attended a few beginner classes and who is comfortable with the terminology and different step patterns. The choreography is slightly more complicated and the teaching time for the different moves will be shorter.

Multi Step: In this class two or more steps will be used. The level of this class can be categorised as intermediate to advanced, with choreography that is easy to follow.

Weight Workout:

Weight workout is a non-impact session that resembles training in the weight room of the gymnasium, but takes place in a group situation. A variety of equipment is being used to strengthen all major muscle groups, such as barbells, dumbbells, rubber bands, the step, the Swiss ball, the mat etc. Participants of all fitness levels can partake in this session.

Yoga:

Yoga improves general health by enhancing posture, breathing and deep relaxation. Yoga also helps to increase strength, fitness and flexibility. Its therapeutic qualities nurture all levels of body, mind, and spirit. Our yoga instructor stresses the necessity of the integration of body, mind and spirit through use of simple body- and breathing techniques. The exercises are of a soft, flowing nature and accessible to all ages and body types.