



### ***Group exercise class guide.***

The Sport club offers group exercise sessions suited to every workout style. There are weekly classes that combine an all-body workout with a friendly, supportive group environment.

The following classes are offered at the club but with a variation throughout the year.

*Early Monday* :A class that combines both strength and cardio exercises that you perform in your own time.

*Senior*: For ladies and gentlemen. Exercises that enhance both strength, mobility, balance and get your heart pumping. You set the pace at your own level.

*Yoga*: Deigned to enhance vitality and a sense of wellbeing, this workout helps participants improve flexibility, balance, strength and posture.

*Aqua*: Good for your inner organs and brilliant rehab for your body. Fantastic and fun compliment to your regular training.

*Box 4 fun*: The ultimate fun class that combining boxing drills, cardio and strengthening exercises suitable for all levels

*Tabata*: Mix it up with tabata Total body workout! Cycle through components of body weighted exercise, cardio and resistance workouts. Get maximum effect for maximum efficiency

*Core/back*: Strengthening the center of your body is essential to managing your daily life. This class is suitable for everyone.

*Mobility*: We will work on enhancing flexibility and mobility in our body. This will help you perform better in your training and everyday life.

*Circuit*: A mixed class that combines body weighted exercises, cardio, resistance exercises as well as stretching and mobility



*Bootcamp Outdoor:* Here we combine strength and cardio exercises with help of nature and each other for a full-body burn. It will get your heart pumping, make you sweat and challenge your muscles. It will challenge you both physically and mentally. The best of all: everyone can join in !

*Core and balance:* Strengthening of your core and challenging your balance. This class will make you laugh and your core muscles burn.

*Gym class:* Gym circuit with traditional exercises, be prepared for leg press, biceps curl. A fun way to workout in the gym and it feels good.

*Trx:* This workout will start with a mobility sequence to get things warmed up and then take you through a whole range of different routines to make you sweat and get your muscles burn

*Stations indoor or outdoor:* A dynamic class that combines a variety of exercises for a total body workout. You will be surprised with the amount of diversity in this class.

*Stations outdoor in the forest:* A dynamic outdoor class that combines a variety of exercises both with your own body weight and outer resistance . Be prepared for a tuff class that will challenge you

*Obstacle course:* Ultimately fun class for families and friends. You will challenge yourself throughout our course and be prepared for some muddy time.

All our classes are between 30 and 75 minutes. You can book your class via the website or at the spa reception. If you have any questions please do not hesitate to ask any of our staff to help you . Welcome to workout with us.

The timetable is subject to change without prior notice

*Jeanette Björkman Head of training*