

### Athletic Flow

Athleticflow is the perfect combination of HIIT (interval training) and yoga elements. During the lesson you will see a constant alternation of fast exercises for powering out and slow exercises that optimally challenge your body and form a super mix. You are training holistic strength, cardio, balance and flexibility, powering out yourself and still feels full of new energy at the end of the lesson after the relaxation part.

### BodyAttack

BodyAttack is an intensive workout to improve fitness, endurance and mobility, including lots of fun, combining athletic movements like running, lungeing or jumping combined with strength exercises like push-ups and squats.

### BodyCombat

BodyCombat is a cardio workout that will unleash you completely. The energetic program is inspired by martial arts and has its roots in many disciplines such as karate, kickboxing, taekwondo, tai chi and Muay Thai.

### Body Pump

A quick way to get in shape! The Body Pump offers maximum results in minimum time through intensive strength / endurance training. Whether you want to build strength, gain endurance, lose fat or shape your body - you can adjust the resistance and intensity of the workout to your goals. A motivating barbell training without complicated choreography

### Body Shape

Body Shape is an intensive strengthening workout for the whole body. The lesson begins with a simple warm-up. Then the strength part follows. Simple and varied exercises with the own body weight, as well as with aids like small dumbbells, barbells, tubes and therabands help to vary the intensity. The training is focused on strength and endurance. The lesson will be finished with a stretch-out

## Bootcamp

Do you like to go to your limits during training under expert guidance? Then our Bootcamp class is exactly the right thing for you. You can train strength, endurance, coordination and mobility by using unusual exercises, which are carried out by your own body weight or with a partner as well as in a team. Variety and fun are not ignored. With this method of workout you will not only improve your fitness but also your resistance and endurance

## CXWORX®

CXWORX® is the revolutionary way to train the core - the ultimate way to a tight and well defined body. Based on the latest scientific findings, each 30-minute CXWORX® - class challenges you to strengthen and shape your core muscles. You train the muscles the way you use them in daily life and by the way you will get great results. The dynamic training, which concentrates entirely on the abdominal and gluteal muscles as well as on the back and the lateral abdominal muscles, stabilizes the power transmission between the upper and lower body. It will make you look good and make you strong. These are the most effective 30 minutes of your day. Whether you're training for general health or as an elite athlete, CXWORX® is the perfect addition to your training program - you'll look and feel good

## Cycling

A challenging and motivating cycle training in the group. All endurance athletes will come to their costs - and set the pace with music and your pulse

## Dance

Fusion of the latest dance styles with the hottest club sounds. You'll sweat by having lots of fun

## deepWORK™

deepWORK™ is athletic, simple, challenging, unique and so completely different from all known programs - a workout of five elements and full of energy! deepWORK™ is the subject to the law of Yin and Yang and combines the mental and physical opposites of a functional workout

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## Grit Plyo

LES MILLS GRIT®PLYO is an intensive workout, based on plyometric training that brings quick results! By combining the plyometric, strength and agility training with the step, the 30-minute training exercises build a strong, agile and athletic body. The energy-loaded agility training provides for a slim and sporty defined body shape. It is the ideal accompanying training for your program and also for other sports. It increases muscles overall as well as physical endurance and activates your speed for faster and more zippy movements. Furthermore it increases your leg musculature

## Hot Iron

Exciting barbell training in the scientifically defined area of strength endurance and strength for figure and function improvement

## IRON CROSS™:

Barbell training with even more athletic and strength character to potentially the most body fat reduction, tightening and daily routine strength (advanced only). HOT IRON™1 with integrated technique training and basic exercises for beginners and advanced. HOT IRON™2 with exercise variation for even more strength and muscle tightening (earliest after 5 visits at HOT IRON™1)

## Kick Power

Kick Power is a combination of different elements from martial arts and aerobics, where speed, endurance and strength are promoted. This form of training offers the possibility to push the limits of personal performance

## M.A.X.:

M.A.X. is a 30-minute group fitness format, based on structured exercise sequences in which endurance, strength & coordination are trained. There are always 3 different exercises following to each other and the respective load/recovery phase always lasts in the ratio of 45/15 seconds. The exercise sequences are each carried out 2 times (2 sets). The endurance exercises are performed with and without the step. By adjusting the step height it is possible to choose the individual intensity. The strength sequences are focusing on the leg / buttocks musculature (with knee bend and lunge step variants), as well as on the upper body and core musculature. The coordinative abilities can be found in all exercises, whereby specific balance exercises are also integrated into the sequences

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## Meditation

Mental training opens up inner spaces full of strength, clarity and creativity. The qualities inherent in us, such as pleasure, courage and calmness, can unfold and trust in one's own path deepens. You will feel relaxed and awake at the same time. Training clothes or sneakers are not required.

## Muscle Pump

Muscle Pump is a full body workout which improves strength endurance with the help of a barbell. The weights are individually adjusted, so each participant has his optimal training. The execution itself is simple, so complex combinations are not available

## Qi Gong

The simple health exercises with Buddhist roots are centering and relaxing the body, harmonize and calm the mind and activate positive energy (Qi)

## Back Exercises

They perform exercises especially designed to strengthen and mobilize the trunk muscles and improve coordination and body awareness. The specific midday training for an improved posture, in which you learn back-friendly behaviors for the daily life

## Pilates

The Pilates method is a holistic body training in which the deeper, smaller, but mostly weaker muscle groups are addressed, which ensure a correct and healthy body posture. The basic of all exercises is the training of the so-called "powerhouse", the muscles located in the middle of the body. Pilates exercises are carried out calmly, fluently and very concentrated. Deep breathing is very important, it is consciously used in every exercise

## Six Pack Attack

A flat belly, a strong back, firm thighs and a firm bottom - who wouldn't want that? With the right training you can achieve a lot. Half an hour of targeted exercises can tighten your body in the desired places

## Vinyasa Flow

Vinyasa Flow is a yoga style within Hatha Yoga. We hang the individual asanas together playfully in any sequence - a dynamic flow of movement is created. We learn to understand our body and where the natural movement impulses lead us next. A correct alignment of the body by using the Bandhas, forms the stable basis in this flowing yoga style. The rhythm determines our regular breathing. Dynamic but not hasty, challenging but not tiring - this is Vinyasa Yoga

Ying & Yang Yoga	Yin Yang Yoga merges both in a single yoga style to promote strength and flexibility through the practice of asanas or postures, and to achieve a calm mind and relaxed body through certain breathing and relaxation techniques. This combination helps you to achieve the perfect balance between a healthy body, a calm mind and a peaceful soul
Yoga	A natural way to physical health and vitality, to mental balance and happiness. In yoga, the focus is on meditative physical exercises, correct breathing, concentration and relaxation. You learn to relax, regenerate quickly and build up new strength.
Yoga Flow	Flow Yoga is a dynamic, powerful yoga style that combines the outer dance of movement with the inner dance of breath so that the breath "flows". The transition from one exercise to the next takes place quickly and without a break, the goal is the connection of movement and breath
Yogilates	Yoga means the union of body, mind and soul. Ananda Yoga exercises according to Paramahansa Yoganada help to achieve more inner peace in our lives. The selected Asanas (exercises) will boost strength, vitality and relaxation. Pilates trains the deep-seated abdominal muscles as well as the muscles around the spine. Their posture improves strength. The flexibility is balanced and the joints become more flexible. The combination of Yoga and Pilates will help you to increase your body awareness and relax your mind
TRX	TRX® is a high effective full-body workout by using a non-elastic harness system that uses your own body weight as a training resistance, when standing and lying down. With a variety of over 300 exercises, every area of the body can be trained effectively. As the TRX® straps are constantly in motion during training, not only the large muscle chains will be activated but also the small muscles -closed to the joints are activated. This "instability" leads to a much higher training stimulus
5x 5 Functional	At 5x5, there will be performed 5 rounds within 5 exercises. If you will finish the repetitions faster than within one minute, you will have a break of a few seconds until the end of the minute and take a breath. In only 25 minutes the whole body is strengthened and you start to sweat

## Zumba

A mixture of elements from merengue, salsa, bachata and aerobics will make you sweat. Let yourself be carried away by the hot-blooded temperament.