

CONQUEST SPORTS - LIFESTYLE PROGRAMS LIST (GYM)



Body Combat

Combining elements of Karate, Kickboxing and Tai Chi, Body Combat is a prechoreographed Martial Arts-based strength and endurance program, set to exciting, high powered music. No previous knowledge of Kickboxing or Martial Arts is necessary to participate and gain benefits. A great fat burning workout, this class will empower you through a variety of kicks, punches and defensive moves to increase cardiovascular fitness, develop firm muscle tone and improve self confidence and assertiveness.



Yoga influenced holistic mind/body exercise class which focuses on developing flexibility, building core strength in the abdominals and lower back, using controlled movements in conjunction with breathing and concentration. Correct body alignment, postural stability, and the integrity of joints are singled out as major objectives of this program which is achievable for all levels. Performed to uplifting, inspirational music, this unique exercise experience is a great stressbuster that centres you and draws you into balance. Remove socks and shoes for this session.

Super Sculpt

A general body conditioning class. The pace is slow and controlled. All over muscle sculpting and shaping exercises using weights or stretch bands, with floor work included for legs, buttocks, abdominal and lower back.

Kundalini Yoga

Kundalini Yoga is an ancient science which combines postures, movements, breath, stretching, relaxation and mediation to work on every aspect of your being which includes: the physical, mental and subtle bodies. No previous experience in yoga and related disciplines is required – you will experience immediate benefits from the very first class.

Abs Blitz

Target your entire midsection in this intense workout for the postural muscles of the abdominals and lower back. Your instructor will guide you through a series of exercises that are varied to develop core strength, functional support and endurance, in a program designed to ensure that every part of the abdominal muscle group is used.

Circuit Training

Moving from one exercise station to another in a continuous circuit. This easy to follow workout has timed intervals of cardiovascular endurance along with strength and conditioning for all major exercise groups.

Cardio Sculpt

Combining low impact aerobic routines with the use of hand weights to increase the intensity while also improving muscle tone in the upper body. Great combination of cardiorespiratory endurance and muscle shaping in the one convenient format: and totally suitable for beginners.

Kick Fit / Kick Box 2001

Kick boxing and martial arts disciplines blended in a challenging workout that will leave you breathless! Power kicks and punches in a routine which builds in intensity. Focus is on strength, endurance, balance and flexibility. A non-contact workout using self-defence techniques.

Step Moves

A more highly choreographed step class made up of challenging routines with combinations of several moves in interesting, varied sequences built up and linked together fluently. Experience in STEP ATHLETIC classes is advised to learn basic step patterns before attempting STEP MOVES, where knowledge of core moves is assumed.

Hi-Lo Moves

Dynamic high energy aerobics workout make up of interesting and challenging choreography for the experienced aerobics participants.

Rock Wall Climbing

Rock Wall Climbing classes will commence on 6 April 2001 at the Far East Square Club. Classes will take place every Friday and is limited to 5 participants per class.

Registration is necessary, please call Far East Square Club for more information.

Latin Moves

Dynamic high energy aerobics workout made up of interesting and challenging choreography with a Latin flavour.

Step Athletic

A cardio workout, using a raised step platform of variable height for stepping up and down from the floor. Step Athletic classes are made up of straightforward sequences emphasising high repetitions of strong, basic movements in short, simple combinations. High energy power options are offered to challenge the more advanced, while beginners will be encouraged to stay with base moves and work on a lower platform.

Cycle Edge

Take your bike up into a higher gear, pedal with greater intensity, strive harder, climb further, and test the limits of your determination. A more advanced cycle program designed to give you that extra "edge".

Tai Chi

Tai Chi is a form of Chinese martial arts which is famous for its graceful movements and its stress relieving effect on the mind and body. It combines relaxation and exercise in a series of continuous flowing body movements which helps to cultivate effortless movements and create a feeling of calmness. Patience is the key to attaining mastery over the art.

Hi-Lo Athletic

Straight up and strong cardio workout made up of mostly low impact routines with some high impact options. Fast paced, energetic, invigorating and guaranteed to get heart rate up.

Cycle Challenge

Build stamina, develop endurance, burn calories, reduce fat, feel euphoric. Get it all at once in our indoor cycling program. Experience the journey; enjoy the ride of your life. Feel the ultimate freedom of a simulated road ride as your instructor takes you on a tour of your imagination.

Pilates

Pilates is an intense multi-muscle exercise technique created to strengthen the body through controlled, precise movement. Pilates-based exercises require focus and concentration as every movement is controlled by thought and breath is matched with movement. Every exercise in the program is controlled by the contraction of the abdominal muscles, resulting in better posture and greater power and stability in the body's centre.

T.B.T (Thighs, Butt and Tummy)

Target all those stubborn "trouble spots" with concentrated strength and conditioning exercises to tone and firm all the supportive muscles of the midsection, the hips, buttocks and upper legs.

Meditation & YOGA This class works on the holistic principles of harmony and unification. It works on the balance created in the nervous and endocrine systems which directly influences all the other systems and organs of the body.

Zumba Fitness is a new type of workout which in-corporate Latin dances and international pop music into the workout program. The best part about zumba fitness is that one does not even need to know how to dance, just follow the instructor lead and that's it. Every class just feel like a party. Put it simple, it exercise in disguise.



BodyPump. (0) | BodyPump Express - 45 minute format (0)

A complete all over strength and muscle conditioning workout: resistance training to powerful and motivating music, using light to moderate weights with high repetitions to tone and sculpt the muscles of the whole body. It's simple, effective, and anyone can participate.

No coordination necessary, no tricky choreography. Routines are based on standard weight training exercises, but no gym experience is required. It is absolutely essential to be on time for BodyPump classes, especially for Beginners.