



## **NTFQ1 GROUP CLASS DESCRIPTION:**

**Cardio Spin:** This high-energy class helps you ride your way to becoming a lean machine. Consisting of varying speeds, resistance levels and intensities targeted at raising your heart rate and toning your lower body.

60 minutes - All levels.

**Pilates:** This class will help build core strength, flexibility and agility. Each exercise will aid in posture alignment, balance and economy of motion. 60 minutes - All levels.

**Yoga:** Ease your body into this invigorating class that incorporates poses to encourage blood flow and lengthen and strengthen the entire body. 60 minutes - All levels.

**Yoga Lates:** This class combines yoga and pilates which promotes muscular strength and flexibility through a continuum of poses that warm and stretch the body. 60 minutes - All levels.

**Butts & Guts:** This 45 minute class incorporates exercises that target the abs and glutes. All levels.

**Circuit Training:** Using free weights and steps and fitness ball, this class provides a well rounded workout for the entire body.

60 minutes - All levels.

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**2B1 Chu Manh Trinh, Q1, HCMC**

**Tel: 08 38258560. Please call to reserve your space. Thank you.**