

Pretty Woman



Fitness & Weight Loss Centre

Classes

Classes are sold as singles or can be purchased as a units of 6 with 10% discount!



Karate & Kickboxing– Karate & Kickboxing blend athletic drills with martial arts to create a powerful calorie burning full body workout. The class begins with a 10-minute warm-up that involves large muscle movements to increase blood flow and heat up the muscles. The class then moves into the main portion which involves combinations of punches and kicks. A great workout to increase balance, focus and confidence levels.

Yoga– Yoga is a path you follow to bring together the mind, body, spirit and the heart. Classes utilizes the Hatha technique with gentle movements and stretching increasing flexibility and balance. These classes are for beginners to intermediate.



Combo Classes – Aerobics, Pilates & Tae Bo exercises enhance postural alignment, coordination, strength and flexibility. The technique uses a systematic approach, which sequences exercises according to their direction of movement.

Self-Defence - Teaches women to find the power within themselves to protect themselves from being a victim. Taught by a woman utilizing methods drawn from Karate, Judo and Tae Kwon Do, this class provides women the skills and confidence for today's violence.



Belly Dancing - Shimmy into shape and have fun while you get fit. This program will keep you slim and trim with it's aerobic features to tone muscles. This exercise is great for mature woman as it works the muscles gently without stressing the body or overextending the joints. Learn to vibrate your hips, snake your arms and undulate your torso. Belly Dancing was created for women by women.