



Shake n' Shape Ladies Fitness Studio Schedule – Sept Through Oct 2013

Intensity Level: Beginners: Normal Font
 Intermediate: **Bold**
 Advanced: **Bold & Underlined**

Prices Per class: Regular class 50 EGP
 Special Class (**):60 EGP
Spinning: 70 EGP

News!! Save your time, registration is open now 3 days before class online. Members can sign in from "my account" from our website. Rescheduling or cancellation is allowed no later than 2 hours before class. Class fees are non-refundable 2 hours prior class.

Time	Sat	Sun	Mon	Tue	Wed	Thur	Fri
Aerobics Classes & Special Classes							
10:30 AM Studio 1		Total Body Challenge Rebecca	Yoga Fit Rebecca		Zumba Fitness** Radwa	Summer Bikini Radwa	
11:30 AM Studio 1							Total Fat Burning Ola
11:30 AM Studio 2							Functional Toning Donia
12:30 PM Studio 1	Weight Loss Pilates** Mariam						Mini Stability Ball Noha From Sept 13th
6:30 PM Studio 1	Zumba Fitness** Ola	Fab's Ride Mariam Azmi	Cardio Mix Sherry	Sweat Shop Mariam Azmi	Core Fusion Rebecca		
7:30 PM Studio 1	Beginner Step Mariam Azmi	Zumba Fitness** Ola	Hatha Yoga ** Mariam	Strong n' Sexy Ola	Zumba Fitness** Ola		
8:30 PM			Athletic Condition Pilates Mariam**	Hatha Yoga ** Allie From Aug 10th	Intense Body Blast Pilates** Noha From Aug 11th		
Spinning Schedule							
Participants are strictly asked to come 15 minutes before class and Book Online.							
11:30 AM Studio 3	Endurance zone Mariam						
7:30 PM Studio 3		All terrain Noha from Sept 8th	Endurance zone Radwa		Strength zone Radwa		
8:30 PM Studio 3				Interval Aerobics Lina			

**<<Now you can receive our schedule on-the-go: just send an SMS with the word SHAKE to 9310>>
 <<Join our Group on Facebook to receive regular updates!! Just type Shake n' Shape Ladies Fitness Studio>>**

Overall class Description:

1. Cardio classes: An advanced high intensity cardio class to improve metabolism, strengthen heart muscle & burns those extra fats. Such as hi-low impact or dance workout using different dance style: Oriental, Latin, Hip Hop, ultimate jam, Zumba workout etc.
2. Step classes: Cardio class using step. Aerobics movements depend on the class level of intensity.
3. Pilate's classes: Total body workout that focus on the abdominal muscles & deep pelvis muscles. It improves your balance, stability & leans your muscles. Different classes using different accessories & tools for different body shaping needs.
4. Spinning classes. Cardio indoor cycling class. Ideal way to burn calories, You burn the maximum fat in the endurance zone and strength your lower body in the strength zone, you burn and strength In the interval fat burn zone.

Detailed class description:

1. Core Fusion: Total body toning specifically designed to target the core. The class fuses together the many elements of fitness to strengthen the core, tone the abs and reduce belly fat.
2. Strong n' Sexy: 30 minutes cardio routine & 30 minutes vigorous total body workout, using your weight to strengthen your core muscles, arms & legs.
3. Total Fat Burning: One hour of a high impact fun cardio routine that combines different moves to enhance your coordination, get your heart rate going & burn fat.
4. Hatha Yoga: Enhance your mind, body & spirit connection in a full hour of Hatha Yoga practice, which helps increasing your strength & flexibility as well.
5. Total Body Challenge: It is a cardio & total body toning giving you the opportunity to be challenged in strength training at all levels.
6. Functional Toning: A rigorous toning routine is fast paced with killer exercises, which are mainly inspired, from our daily routine activities.
7. Athletic Conditioning Pilates: Train like an ATHLETE and move into a further level in Pilates. Enhance your core strength in this functional and integrated core-training program using the very well known Stott Pilates method.
8. Yoga Fit: Blends the basic postures of yoga with cardio and strength training to give you an effective total body workout that strengthens and lengthens the muscles all while increasing your flexibility and improving your mental health.
9. Weight Loss Pilates: Fast paced routine combines walking Pilates calories burning workout with the Stott Pilates method of exercise.
10. F'ab Ride: Ride your way to sexy abs with 60 min hardcore abs and total body conditioning.
11. Sweat Shop: 1st Half of the class will be non-stop cardio, step & weights & the 2nd half will focus on lower body (gluteus and thighs)
12. Summer Bikini: A mix of 20-minute routines between cardio, step, Latin dance and toning.
13. Spinning Aerobic interval: It is based on several intervals to build your aerobics base & overall fitness level.
14. Cardio Mix: A mix of cardio with new routine minute routines between Hi-low, step & Zumba.
15. Intense body Blast Pilates: series of interval training exercise series Follow a routine that feature sequence of standard Matwork see toning results like never before
16. Mini stability ball: based on the foundation of proper breathing is key to healthy body by focusing on breathing mobility of spine, hips and shoulder to improve posture, relive negative tension and strengthen core
17. Yoga: Gain strength, increase flexibility & improve your muscle tone by focus on postures & breathing.

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