

# MAY 2022

## GROUP EXERCISE TIMETABLE AT JUMEIRAH EMIRATES TOWERS



TIME	MON	TUE	WED	THU	FRI	SAT	SUN
07:30			CORE DUSAN (45 MIN)		CORE DUSAN (45 MIN)		
12:00	BODYPUMP NIKOLA (60 MIN)	LEGS, BUMS & TUMS CATE (50 MIN)	FITNESS PILATES NIKOLA (60 MIN)	BODYPUMP CATE (60 MIN)	LEGS, BUMS & TUMS CATE (50 MIN)	BODYPUMP GEORGIE (60 MIN)	TRX EBRA (60 MIN)
13:00				BODYBALANCE YOGA NIKOLA (60 MIN)			BODYBALANCE YOGA NIKOLA (60 MIN)
16:00	LADIES ONLY AERIAL FLOW ASMA (60 MIN)		LADIES ONLY J STRENGTH ASMA (45 MIN)				
18:00	J STRENGTH EBRA (60 MIN)	TRX EBRA (60 MIN)	BODYPUMP NIKOLA (60 MIN)	ZUMBA ERICK (50 MIN)	AERIAL FLOW ASMA (60 MIN)		

CARDIO. IMPROVE YOUR CARDIOVASCULAR SYSTEM AND BURN CALORIES	DURATION
<b>Zumba</b> is a class inspired by Latin music and choreography created from a variety of dance styles including cumbia, merengue, salsa, reggaeton, mambo, rumba, flamenco, and hip hop - helping you burn calories in a super fun way!	50-Min
<b>Spinning</b> is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within - sweat and burn to reach your endorphin high.	50-Min
SHAPE/CONDITIONING. SCULPT AND STRENGTHEN YOUR MUSCLES AND CHANGE THE SHAPE OF YOUR BODY	DURATION
<b>BodyPump™</b> challenging major muscle groups while you squat, press, lift and curl with barbells. This class will sculpt, tone, and strengthen your entire body.	60-Min
<b>Legs, Bums &amp; Tums</b> is a fun workout designed to tackle those problem areas whilst increasing your fitness levels.	50-Min
<b>J STRENGTH</b> an all encompassing workout combining high intensity interval training and functional movement using a variety of weight training equipment	60-Min
<b>Fitness Pilates</b> blending elements of traditional Pilates and fitness principles to create a workout that focuses on postural alignment to help improve core strength.	60-Min
<b>TRX</b> is a revolutionary method of leveraged body weight exercise, using the TRX suspension trainer. A complete body workout that builds power, strength, flexibility, balance, mobility and core stability.	50 or 60-Min
BODY & MIND. RELEASE STRESS, IMPROVE FLEXIBILITY AND STRENGTHEN YOUR CORE	DURATION
<b>BodyBalance™</b> is Yoga workout that builds flexibility. Controlled breathing, and a carefully structured series of stretches bring the body into a state of harmony and balance.	60-Min
<b>Flex &amp; Mobility</b> is designed to compensate for the load and stress the body suffers from sedentary desk jobs by activating the correct muscles to improve posture and prevent injuries.	60-Min
<b>Aerial Flow</b> combines the physical practice of yoga with elements of acrobatics through the use of a suspended hammock constructed out of the silk material that is often used in aerial performances	60-Min

To pre-book classes, call 04 319 8660 or email [JET\\_Reception@thejclub.com](mailto:JET_Reception@thejclub.com)  
Please remember to bring a towel and a mat (if required) and arrive at least 5-min before the class starts.