



BODY TRUST
@ THE DOME
FITNESS & THERAPY CENTRE

AEROBICS CLASS TIME TABLE

AEROBICS WEEKLY ACTIVATES	TYPES OF AEROBICS	TYPES OF AEROBICS	ESTIMATED TIME
WEDNESDAY	STRETCH & ISOTONIC AEROBICS CLASS 4:00PM – 5:00PM	DANCE AEROBICS CLASS 5:00PM – 6:00PM	2 HOURS 4PM - 6PM
FRIDAY	DANCE, STEP & GENERAL BODY AEROBICS CLASS 4:00PM – 5:00PM	KICK BOXING & TAEBOO AEROBICS CLASS 5:00PM – 6:00PM	2 HOURS 4PM - 6PM
SATURDAY	ZUMBA AEROBICS SALSA CLASS 8:00AM – 9:00AM	INSANITY WORKOUT AEROBICS CLASS 10:00AM – 12:00NOON	3 HOURS 8AM - 12NOON

AEROBIC EXERCISE: is the type of moderate-intensity physical activity that you can sustain for more than just a few minutes with the objective of improving your cardio respiratory fitness.

Aerobics activities include walking, jogging, biking, dancing, and swimming.

BENEFITS OF AEROBICS are very well known to all, Scientists and researchers all over the world do not cease to repeat it at every opportunity.

Aerobics exercise is good for your body; Aerobics exercise helps us lose weight, eliminate and manage stress, **stimulates the immune system** and reduces the risk of certain diseases. These can be classified into two main categories, the aerobics and anaerobic exercises. In particular, the aerobic exercise refers to any low-intensity activity that increases the heartbeat rate while the high-intensity physical activity is called anaerobic exercise (e.g. body building, isotonic).

STRETCHING: is a form of physical exercise in which a specific muscle or tendon (or muscle group) is deliberately flexed or stretched in order to improve the muscle's felt elasticity and achieve comfortable muscle tone.