

GX CLASSES DESCRIPTION

CARDIO – Improve your cardiovascular system and burn calories

BODYCOMBAT™ is the empowering group fitness cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.

MASTER SWIMMING Our qualified swimming coaches will direct you with a 4 strokes training plan that will build you endurance strength and swimming skills.

SH'BAM™ is the perfect way to shape up and let out your inner star – even if you're dance challenged. Set to a soundtrack of chart-topping popular hits. SH'BAM™ is the ultimate fun and sociable way to exercise.

RPM™ 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.

ZUMBA A fitness class that combines dance and fitness moves. Inspired by Latin dance and music, Zumba uses a variety of styles in its routines, including Cumbia, Merengue, salsa, reggae ton, mambo, rumba, flamenco, and hip hop. You could burn between 350 to 800 calories per class; it all depends on how you exert yourself!

BODY ATTACK™ is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

KICKBOXING is conditioning workout using kick boxing techniques and training methods.

SHAPE – Sculpt and strengthen your muscles and change the shape of your body

BODYPUMP™ is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl. Using barbells, this class will sculpt tone and strengthen your entire body.

CXWORX™ really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

ANKORR is a world class exercise platform based on primal movements, developed to increase endurance, mobility, strength and cardiovascular ability through full ranges of motion.

TRX is a revolutionary method of leveraged body weight exercise, using the TRX suspension trainer. TRX group class is a complete body workout that builds power, strength, flexibility, balance, mobility and core stability.

TALISE POWER FIT is a fusion of intense short Cardio Vascular and Functional Training exercises. Using the most innovative tools TRX, ViPR, Kettlebell's the class is incorporating many different styles of training, including strength, core, cardio, speed, agility and flexibility in a fun outdoor environment.

WOD is a full body conditioning class. This Cross Fit inspired workouts that will kick start your metabolism. Will improve strength and increase cardiovascular fitness.

SPARTAN CIRCUIT is designed to push your limits, test your strength and challenge your endurance.

Adventure Race BOOTCAMP is a mix of intense short Cardio Vascular and Functional Training exercises designed to increase cardiovascular fitness and improve body condition. This class will get you ready quickly for obstacle races such as Sandstorm, Desert warrior etc.

HIIT (High Intensity Interval Training) - Burn more calories in a shorter period of time

GRIT SERIES Scientifically proven LES MILLS GRIT™ works. Set new fitness goals – then smash them! Put your metabolism into overdrive, burning calories for hours after the workout. Forget hours of training – 30 minutes are all it takes.

SPRINT™ is a 30-minute HIIT workout, using an indoor bike to achieve fast results.

It's a quick and hard style of training that returns rapid results with minimum joint impact.

TABATA is a 30-minute HIIT workout designed to increase cardiovascular fitness, improve body conditioning and burn fat.

BODY & MIND – Release stress, improve flexibility and strengthen your core

YOGA Unify the mind, the body and the breath, beneficial for everyone. Improve flexibility and balance.

PILATES is a workout that focuses on postural alignment and improving core strength.

YOGALATES is a total body workout that combines the strength of Pilates and the flexibility of Yoga.

YOUTH – develop confidence and grow fundamental skills

Our kids classes work on developing fitness levels from a young age, making kids more active and leading a healthy lifestyle



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