



T H I R T Y · N I N E
M O N T E C A R L O

SMALL GROUP CLASSES

GROUP CYCLE

A variation of cycling methods to build strength, endurance, speed and cardiovascular ability.

Using hill climbs, flat road sprints and intervals to continually push your personal ability and performance. Classes will be either 25 mins or 45 mins. Classes are designed with members in mind so various levels of fitness are welcome.

Group Cycle rides burst with fun, entertainment, and motivation. Inspirational videos and music set the mood and the beat, as the trainer and riders come together as a community to push each other in a crescendo of rhythm and emotion until they reach the finish line.

PUMP IT

High rep, weight based workout to offer cardio fitness whilst toning your muscles. Learn to enjoy the benefits of weight training within a safe and social environment. Suitable for all levels of fitness.

JUST DANCE!

Fun, dance based workout using disciplines such as disco, salsa, hip hop and soca, to give an all over cardio workout whilst enjoying the fun of the party. Suitable for all levels of fitness. No dance training required.

BOXING CIRCUITS

Working with a partner or in a small group, to use boxing techniques/pad work to give a cardio workout, whilst improving strength, muscle endurance and co-ordination. Hard hitting and stress relieving workout. Suitable for all levels of fitness.

BARRE

Is a ballet based workout which sculpts the body creating long lines. Tone and refine your body thanks to a perfect blend of ballet and cardio training for amazing results and overall well-being for any kind. Working with ballet exercises at the barre, centre or mat. Suitable for all fitness levels.

YOGA

A class designed to offer a balance between effort and relaxation. Working through various yoga postures, a sequence of movements, and the flow of breath. Postures and breathing techniques introduced to offer a calm, yet challenging workout. Suitable for all levels.