

# MOVE, PAUSE & SEEK | CLASSES



SEP.22



# GROUP CLASS

## MONTHLY MEMBERSHIPS OFFERINGS

### BIOCIRCUIT

Enhance your fitness level with our fully-automated, personalized, adaptive circuit training workout in a short amount of time. As you progress, the smart technology of the Biodrive™ adapts specifically to you; allowing you to reach your personal goals. Book with any of our coaches to get you started.

MEMBERS	Monthly Unlimited sessions	AED 150.00
---------	-------------------------------	------------

### PILATES REFORMER

Our Signature Pilates class is based off of the principles of Joseph Pilates' work fused with a modern essence. Designed to deliver profound results.

NON-MEMBERS	10 sessions	AED 1,100.00
MEMBERS	Monthly Unlimited sessions	AED 500.00

### PERSONAL TRAINING SESSIONS

SINGLE DROP-IN CLASS	AED 325.00
6 SESSIONS PACKAGE	AED 1,650.00
12 SESSIONS PACKAGE	AED 3,000.00
12 SESSIONS PACKAGE PT 1-2-3	AED 1,800.00*
12 SESSIONS PACKAGE PT 1-2-2	AED 2,400.00*

\*PRICE PER PERSON

*All Prices excluding VAT*



# CLASS OFFERINGS

## MOVE

FUNCTION EXL		PERFORM STR	
BIO-FUNCTION		PERFORM	
META-FUNCTION		PERFORM RUN	
ENDURE FUNCTION		PERFORM ROW	
KB FUNCTION		PERFORM RELAY	
ENDURE SWIFT		DEFINE UPPER	
META-STRIKE		DEFINE FULLBODY	
FUNCTION RUN		DEFINE BASE	
DEFINE DUATHLON		DEFINE LOWER	
META-STEP		DEFINE STEM	
BIO-ENDURE		RUN SWIFT	
SPIN STR		TENSION	
ENDURE SPIN		FORM	
META-SPIN		FORM SWIFT	
RUN SWIFT		ENDURE RHYTHM	

## PAUSE

PILATES STR	
PILATES GLIDE	
YOGA FLOW	
YOGA STILL	
YOGA ASHTANGA LED	
YOGA SYNC	
PRANA BREATHE	

## SEEK

ACTIVATE	
RESTORE	
PACE   JOG	
TRAIN TO RUN	
INHALE	
THE BRIDGE GUIDE	

- STRENGTH TRAINING
- ENDURANCE / CARDIO
- BODYWEIGHT
- KETTLEBELL
- SPINNING
- LIFTING / PERFORMANCE
- PILATES
- STRETCHING / MOBILITY
- BREATH-WORK
- SUSPENSION TRAINING
- RHYTHMIC
- YOGA
- REFORMER
- BOXING



<b>BIO-FUNCTION</b>	A circuit session focused on high repetitions of bodyweight resistance exercises. The main benefits include improved cardiovascular and muscular endurance, increasing calorie expenditure for optimal body composition.
<b>BIO-ENDURE</b>	Bio-Endure is a bodyweight aerobic class. This class will improve cardiovascular and muscular endurance, all whilst expending a higher level of calories.
<b>DEFINE DUATHLON</b>	A full body circuit class inspired by the duathlon. Increased strength, power and anaerobic capacity, from using a combination of resisted sprints & strength training, will help you improve your athletic performance and get stronger.
<b>DEFINE UPPER</b>	An upper body circuit that uses resistance exercises. Increased muscle gain will accelerate metabolism, leading to a better physique. Combine all DEFINE classes to experience a structured full body training program in a group setting.
<b>DEFINE FULLBODY</b>	A full body circuit that uses resistance exercises. Increased muscle gain will accelerate metabolism, leading to a better physique. Combine all DEFINE classes to experience a structured full body training program in a group setting.
<b>DEFINE BASE</b>	A legs, glutes & core circuit that uses resistance exercises. Increased muscle gain will accelerate metabolism, leading to a better physique. Combine all DEFINE classes to experience a structured full body training program in a group setting.
<b>DEFINE LOWER</b>	A lower body circuit that uses resistance exercises. Increased muscle gain will accelerate metabolism, leading to a better physique. Combine all DEFINE classes to experience a structured full body training program in a group setting.
<b>DEFINE STEM</b>	A core circuit that uses resistance integrated core exercises. Increased core strength will develop stability, leading to better performance. Combine all DEFINE classes to experience a structured full body training program in a group setting.



<b>ENDURE FUNCTION</b>	An endurance designed session, combining cardiovascular conditioning with functional circuit training. This workout focuses on improving your heart health, muscle endurance and body composition.
<b>ENDURE RHYTHM</b>	A dancing based session focused on coordination and balance through different varieties of rhythm. It will help develop dance techniques, endurance, strength, flexibility and body awareness in a wellness and nurturing environment.
<b>ENDURE SPIN</b>	This cardio cycle group class is developed to target cardiovascular conditioning, and to develop your cycling endurance both indoors and outdoors. The class improves your strength and stamina on the bike through a mixed class format.
<b>ENDURE SWIFT</b>	A quick high intensity endurance based designed session, combining cardiovascular conditioning with functional circuit training. This workout focuses on improving calorie expenditure, muscle endurance, leading to optimal changes in your body composition
<b>FORM</b>	A mobility circuit aimed at addressing movement limitations surrounding the main joints of the body. Through mobility enhancing techniques this session will improve your range of motion, leading to a reduction in pain and stiffness.
<b>FORM SWIFT</b>	A quick mobility class that combines myofascial release, flexibility, and bodyweight resistance exercises. This session improves your range of motion during exercise and recovery that transfers to better everyday movement patterns.
<b>FUNCTION</b>	A full body circuit class focused on functional resistance training, aimed at improving your muscular endurance. This session is designed to increase calorie expenditure resulting in body composition adaptations.
<b>FUNCTION EXL</b>	A high intensity circuit combining resistance exercises & bodyweight interval training, focused on increasing your cardiovascular and muscular endurance that will lead to optimal changes in your body composition.
<b>FUNCTION RUN</b>	This running-based circuit class targets your cardiovascular conditioning using a combination of running and specific functional exercises. Combining these will enhance the efficiency of your running technique.



---

## **KB FUNCTION**

This kettlebell-focused class is a full body workout aimed at learning the basics of using kettlebells, whilst still training at a high intensity. Along with cardiovascular and muscular endurance, the class also focuses on utilizing and increasing your power.

---

## **META-FUNCTION**

A high intensity circuit session combining resistance exercises & high intensity interval training on cardio machines. It is focused on increasing your cardiovascular and muscular endurance that will lead to optimal changes in your body composition.

---

## **META-SPIN**

This cardio cycle group class is developed to target cardiovascular conditioning to develop your cycling endurance indoors and outdoors. Focusing on interval training, hills and flat sections to improve your strength, stamina and your experience on the bike.

---

## **META-STEP**

A high-intensity cardio workout with classic 32-count step choreography that boosts your cardiovascular health combined with resistance training routines. Created to expand calories expenditure whilst improving muscular definition.

---

## **META-STRIKE**

The class is the specific combination of boxing and metabolic exercises which duplicates the real competition environment. As a benefit you will improve your boxing strike techniques in addition to increased aerobic and anaerobic capacities.



---

<b>PERFORM</b>	Sport-specific circuit training combining resistance exercises and dynamic movements with active recovery. This training method leads to an increase in physical attributes such as explosive strength, sprinting, and jumping—which when trained consistently, will improve your athletic performance.
<b>PERFORM RELAY</b>	A team circuit session combining cardio and resistance exercises. Challenge yourself as part of a team and work together to surpass your limits. Improve your muscular endurance and cardiovascular strength in a fun, competitive environment.
<b>PERFORM ROW</b>	A high intensity training class based on rowing, combined with a training of resistance exercises. As a result, participants will improve stamina, cardiovascular endurance, and muscle strength.
<b>PERFORM RUN</b>	A high intensity training class based on running, combined with a training of resistance exercises. As a result, participants will improve stamina, cardiovascular endurance, and muscle strength.
<b>PERFORM STR</b>	Learn the fundamentals of resistance training by working on major movement patterns such as squatting, hinging, pushing and pulling. This will improve your neuromuscular control, exercise technique, and help to build confidence when training with or without resistance.
<b>RUN SWIFT</b>	Quick running session performed to challenge the cardiovascular fitness through high intensity training, leading to an increase VO2 max. Aside from this will see changes in body composition and running technique.
<b>SPIN STR</b>	This cardio cycle group class is developed to target cardiovascular conditioning to develop your cycling endurance indoors and outdoors. Focusing on cadence, terrains and intensity control, improving performance, stamina and your experience on the bike.
<b>TENSION</b>	Tension is a suspension class aimed to maximise workload in 3 main muscle groups (Lower body, Upper body, Core). This session will leads to increased hormonal response, strength, endurance, and improved body composition.

---



## **PILATES GLIDE**

This is our Signature Pilates class, which is a unique mindful movement experience based off of the principles of Joseph Pilates' work, fused with a modern essence. Designed to deliver profound results, we take you through a bespoke series of mat & reformer exercises, where you will discover a newfound feeling of control and efficiency of your body and mind. Not advised for complete beginners. Our Foundations Class is recommended to ensure the safety of all members.

---

## **PILATES STR**

Our Foundations Class provides an opportunity to learn the principles of Joseph Pilates' work, designed to deliver profound results. Pilates works through progressive levels, where you will discover a newfound feeling of control and efficiency of your body and mind. This foundational class is offered in a small-group environment, taking you through the basics and essentials. Your instructor will closely monitor your progress and provide the adequate verbal and tactile cues and corrections. Adaptable for beginners.

---

## **PRANA BREATHE**

Breath work, or pranayama in Sanskrit, is the yogic practice of focusing on breath. Prana means "vital life force"; yama means to gain control. In yoga, we practice breath to evaluate life energies, and to improve mental, physical, and spiritual well-being. There are many forms of breath work therapy that involve breathing in a conscious and systematic way, which can promote deep relaxation and help in feeling reenergized. Adaptable for all levels, beginners are welcome.

---

## **YOGA ASHTANGA LED**

An athletic approach to yoga using flowing poses and sequences, linked to a strong breath pattern. Ashtanga Vinyasa Yoga is often promoted as a modern-day form of classical yoga.

The Primary series - Yoga Chikitsa in Sanskrit - translates to Yoga Therapy and follows a series of set postures.

The class will challenge you physically and will end with a feeling of deep relaxation.

Traditionally, in the Ashtanga lineage, props and music would not be used. Adaptable for all levels, beginners are welcome.



## **YOGA FLOW**

A vinyasa-inspired class characterized by flowing poses, linked to breath and designed to create heat. This fast paced class will challenge your strength, coordination, balance, and flexibility. The creative play between sequences will leave you with greater body awareness. Interesting variations are introduced during the class to allow for adaptability to different ability levels, beginners are welcome.

---

## **YOGA STILL**

A slow rhythmic Hatha yoga flow, aimed at centering and grounding. The parasympathetic/resting nervous system is activated, and can then be used as a recovery method. Emphasis is placed on mindfully moving through asanas, and utilizing breath for the duration of the class. Adaptable for all levels, beginners are welcome.

---

## **YOGA SYNC**

Singing bowls will be used in this class to facilitate elements of meditation and relaxation. Recovery yoga—including types such as Restorative and Yin—will be blended into this healing practice to achieve optimal results. This class may use the support of props such as bolsters, blocks, or blankets to allow for further relaxation. Adaptable for all levels, beginners are welcome.



---

**ACTIVATE**

Activate the muscles pre work out through dynamic stretching and drills that will enhance your over all performance.

---

**INHALE**

This short breath work session is designed to bring awareness and control to the power of your breath.

---

**PACE | JOG**

A gently paced communal jog exploring different locations through movement. Activating your cardiovascular system leading to enhanced lung function.

---

**RESTORE**

Active recovery through a static stretching session aiming to help your muscles recover post the intense workout.

---

**THE BRIDGE GUIDE**

Session designed for members to introduce them to a transformational, holistic lifestyle grounded on science, and take them more deeper of what THE BRIDGE is all about and has to offer.

---

**TRAIN TO RUN**

An Indoor/outdoors runners training designed to enhance your speed, pace, and endurance through drills, sprints, and agility work. We recommend you attend regularly and consistently to maximize its effects and achieve results.

