

Pilates and Stretch – a great way to start your day

Pilates and Stretch is a holistic way of exercising including calm and very effective Pilates exercises combined with thorough full body stretching. We focus on the correct techniques and quality in the Pilates moves, working with breathing and core muscles of the body. Together with the pelvic floor, the core muscles are essential to the pelvis and the stability of the spine, and our posture. You will experience a feeling of body control, peace and balance.

Senior 60+, High Intensity and Strength - will get you in great shape

High Intensity and Strength is for you who want to get your heart rate a little up for about 10-15 min. doing different exercises, walking or jogging. Then circuit training where we use Redondo balls, exercise balls, weights, bands, balancing platforms, Foam rollers, etc. Focus is on strength, stability and balance.

Senior classes are popular among both women and men, providing unique dynamics and atmosphere during exercises.

Body toning – a strong body in harmony and in balance

Body toning consists of 10-15 min. low aerobic warm up followed by muscle endurance training, repeating exercises, resulting in stronger and more enduring muscles. We focus on full body exercise varying the training using body bars, weights, bands, Redondo balls and exercise balls.

Back classes for beginners/intermediate - preventive training of the back

Back classes is functional training for everyone who wants to prevent back, neck and shoulder problems. The training is effective increasing muscle strength and muscle endurance, including improved stability and balance. The training is prepared in order to show progression during the season.

We focus on the correct techniques and quality in the moves.

Max. 15 participants. **Remember registration.**

Senior 60+, Strength building with extra focus on BALANCE

This training resembles the Senior Strength building with lots of strength and stability exercises. The participants are challenged by balance exercises using the step, Foam rollers, exercise balls, balancing platforms and BOSU.

These exercises will strengthen ankles, knees, hips and your core.

Strength building – a strong and flexible body in balance

Strength building is training for the quality-oriented women regardless of age. We focus on posture correction exercises. The exercises comprise of functional training, balance exercises, coordination training and strength building exercises, trimming the body and increasing the body awareness. We use the super effective Redondo ball, body bar, weights and bands.

HIIT - High Intensity Interval Training, boosting your physical condition

HIIT consists of 10 min. of warm up and approx. 25 min of high intensity and strength circuits (for example skipping rope, jogging, squat jumps, squat, and plank), 30 sec. of high intensity, 10 sec., break, 30 sec. high intensity, 10 sec., break, etc. We finish with abdomen, back and waist exercises, and thorough stretching. A hard and effective training for you who like the high intensity training. The exercises can be modified and we can add extra breaks if necessary.

Back classes for advanced - preventive training of the back

Back classes is functional training for everyone who wants to prevent back, neck and shoulder problems. The training is effective increasing muscle strength and muscle endurance, including improved stability and balance. The training is prepared in order to show progression during the season.

We focus on the correct techniques and quality in the moves.

Max. 15 participants. **Remember registration.**

Senior 60+, Strength building – increased physical well-being

Strength building focuses on strength building exercises, balance exercises, and exercises increasing full body mobility. We warm up slowly by moving the major joints. Then using bands, weights and small balls for a full body exercise. The training is prepared in order to show progression during the season, to get you in great shape and keep the infirmities at a distance. Here, age is not an obstacle. Senior classes are popular among both women and men, providing unique dynamics and atmosphere during exercises.

Strong and flexible with FOAM ROLLER - exceptional fascia training

The Foam Roller is a 90 cm long semi-hard foam roller, which we use for different strengthening and mobilizing Pilates exercises. It is a fantastic tool and soon you will feel improvement around your shoulders, chest, abdomen, back and hips.

What's even more exceptional is that along with the exercises we get a thorough massage of skin, fascia (connective tissue) and muscle. The circulatory system, purgation of body waste and a faster restitution is activated. The connective tissue is a large fine mesh net widely distributed in your body, if you keep it elastic and hydrated, your body will be more flexible and healthy. We will focus on the tough and rusty parts of the body, which have become too inflexible, stiff and dehydrated.

We will combine Pilates exercises alternately with massage using the roller. This ensures super flow and energy, and you will soon be dependent on this way of exercising.

High Intensity and Strength – get going!

High Intensity and Strength is for you who loves the circuit training, the combination of high intensity and strength, without any choreography.

15 min. of warm up with different kinds of jogging/walking sequences. Then circuit training with hard and effective strength exercises using exercises balls, Redondo ball, weights, skipping ropes, jumping onto the steps, hula hoop, bands, Foam roller, pieces of carpet, sand bags, balancing platform, etc.

You can give yourself 100 % - and the instructor will help adapt the level individually in order for everyone to participate.

Exercise ball - eminent back and abdomen training, keeping a smile on your face

Exercise ball is great functional training. At the same time demanding focus on balance, coordination, movement and stability which are the basic elements in any kind of training. It is good for the prevention of back, neck and shoulder problems, and many participants experience the exercise ball to be more comfortable than the floor or a training bench. Join us for morning exercises and start your day the best way.

Senior 60+ - Exercise ball and Foam roller, an element of playing

Exercise ball and Foam roller is for the senior participant, who prefer exercising with peers, being introduced to the exercise ball and the foam roller.

Get in shape and keep the infirmities at a distance with fun and different exercises. Using exercise ball and foam roller is not only an eminent way of training your back (abdomen and back), but also a great way of strengthening your entire body.