

# PLAYITAS CLASS DESCRIPTIONS

Strenght, cardio, yoga, running or maybe some social sports? Whatever you are planning for this day we hope you will have a really good one!

play  
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*Free your mind*

# Strength and Toning Classes

## **WOD (workout of the day)**

This class is taught by highly professional personal trainers. They will correct your technique and make you push yourself more than you thought possible.

Fitness X is constantly varied functional movements performed at relatively high intensity. All Fitness X workouts are based on functional movements, and these movements reflect the best aspects of gymnastics, weightlifting, running, rowing and more. These are the core movements of life. They move the largest loads the longest distances, so they are ideal for maximizing the amount of work done in the shortest time.

## **WOD technique classes**

These are a longer session (45mins) and are not designed as a workout but are specific to work on clients WOD technique in typical exercises used. They are particularly useful if clients are interested in trying our WOD competition.

## **WOD COMPETITION**

This will run on Saturday at 16.00. We will put posters advertising the competition this weekend but the WOD workout will not be available for guests to see till the day before.

*Are you old enough?*  
The classes in which you use extra weight and the HIT Tabata class (High Intensity Training) is minimum age 16 years.

## **Ab/Core (30min)**

This class involves you working your core muscles, designed to create better balance, stability and posture.

## **Core Training and Core Stability**

The area of the body, which is commonly referred to as the core, is your midsection and it involves all your muscles in that area including the front, back and sides. The core includes the transverse abdominis (TVA), erector spinae, obliques and your lower lats.

These muscles work as stabilizers for the entire body. Core training is simply doing specific exercises to develop and strengthen these stabilizer muscles.

A strong core not only gives you a strong base for all other exercise, it helps prevent injury and can give you that much envied sixpack!

## **Gymnastic Fitness**

A class where strength, body control and power are mixed with gymnastic drills. The class is built on progressions and can be attended by people with different skill and strength levels.

A heavy workout that guarantees tired muscles. So if you want to improve your gymnastic elements when doing crossfit – This class is for you!

If you have been doing gymnastics for years and mastered many drills already – this class is for you!

## **Primal Movement**

A healthy body is a strong body where we can use our natural mobility and where strength is found in all types of movement. In this class we challenge our body with the type of movement that it is primarily designed to manage but usually we have lost the skill along the way.

So what types of movement should you be able to do, and what types of movement can you actually do? This class can be a reality check to some and a rude awakening to a few. To others it just starts the desire to keep working and get back to doing all those things that they once could.

We crawl, we squat, we use body weight and we use added weights. The only thing we can say for sure is that we will challenge your (un)natural movement and give you tools for you to improve your mobility further.

## **Senior Training**

A class with focus on stability and strength from slow and controlled movements. We combine a soft cardio workout with core strength and give you lots of inspiration for your own training. This class is a full body class and the movements are adaptable to suit all levels.

# Strength and Toning Classes

## **Body Pump**

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Great music, awesome instructors and your choice of weights inspire you to get the results you came for - and fast!

## **Body Tone**

Body toning concentrates on strengthening all the various muscles of the body which are used for movements of the skeletal system. This helps to improve the shape of the body and improve the tone of the muscles. Improvements in the strength of the muscles make exercise, as well as every day movements, much easier to perform and reduces the risk of injury.

## **Power Training**

Power is a product of both strength and speed. Simply put power training is the KING of fitness. This is a circuit based class with a twist!! You work your way through 8-10 stations, you will find yourself rowing, biking, climbing ropes, flipping tyres and much more.

## **Functional Training**

Functional fitness exercises train your muscles to help you do everyday activities safely and efficiently. In life we push, we pull, we crawl, drag, sit and stand. In functional training we do all that and more, providing you with the muscular strength you need to live your life to the full.

## **Boot Camp**

This class will take you away from MC1 and into the wild! As you make your way around the hotel using the environment as your playground, your final work out will finish at the beach, be prepared to get a little dirty!

## **Circuit Training**

Circuit training is an excellent way to improve mobility, strength and stamina. The circuit training comprises of 6 to 10 strength exercises that are completed one exercise after another. Each exercise is performed for a specified number of repetitions or for a set time before moving on to the next exercise. The exercises within each circuit are separated by a short rest period, and each circuit is separated by a longer rest period.

## **Fitball**

This is a core strengthening program that uses a fitball as an unstable base. It is designed to improve range of motion, strength, stability co-ordination and balance. Fitball provides an excellent workout which will result in a stronger core, improved posture and better body alignment. This class is suitable for all fitness levels and age groups.

## **Kettlebell**

Kettle bell instructions take you through the techniques of how to intergrade kettle bells in different exercises. This includes strength training, dynamic movements and stabilization of core muscles. Kettle bells are more than just weight training and this class will take you through a world of gravity movements where you learn to control it.

## **Redcord**

Redcord suspension exercises are effective and useful for anyone who would like to improve their daily function. The exercises are for rehabilitation, functional activity, injury prevention and performance training. Training with body weight in slings is at the core of the concept. The exercises improve strength, muscular endurance, balance, coordination and core muscle stability. This is what we refer to as functional strength.

# Cardio Classes

## CHOREOGRAPHED CARDIO CLASSES

### **Body Combat**

BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories\* in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

### **Body Attack**

BODYATTACK™ is a sports inspired cardio workout that caters for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to 730 calories\* and leaving you with a sense of achievement.

### **Body Jam**

BODYJAM™ is a dance inspired cardio workout that will teach you all the moves for you to be able to shake it like Beyonce, pop it like Usher and glide like Justin. This class caters for total beginners to total addicts. Get dancing to the latest music with the freshest moves in BODYJAM, a modern dance workout tuned to hip hop, house, drum & bass and more.

A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to 570 calories\*.

### **Body Vive 3.1**

If you want the optimal mix of strength, cardio and core training this is it. Step into a BODYVIVE™ 3.1 class and you'll tick off a complete workout. The challenging mix of lunges, squats, running and tubing exercises will help you burn calories and take your fitness to the next level. You'll leave fizzing with energy and on track for all-around healthy living.

BODYVIVE 3.1 is available as either a 55, 45 or 30-minute workout.

### **FightFit Concept**

The vision for the workouts is ...”Be FightFit; always ready for your next challenge!”. Take what you have and where you are right now. Mix it with martial arts inspired workout using your body as the primary tool to get ready for whatever new fight life throws at you.

The workouts are adaptable for all levels. No prior experience needed.

### **FightFit Motion**

Mobility focus with martial arts inspiration. Primary bodyweight training with a lot of ground work. Aiming to work in all directions and planes to stimulate muscle control and joint mobility. There will be a warm up, dynamic movements with mobility focus and some strength aspects followed by a cool down.

### **FightFit Circuit**

A smashing high energy circuit! Using different equipment like pads, bags and gloves to get an around circuit workout. There will be some martial arts specific technique instruction for certain exercises but it's kept simple and fun!

### **FightFit Mix**

Strength comes from within! An adrenaline packed mix of training big muscle groups, core and speed with movements inspired by martial arts. Bags, Kettlebells.

### **FightFit Boxing**

Focus on pair work with pads, gloves and a good time learning some basic boxing drills. Some cardio and strength training is included but main focus is working with pads.

# Cardio Classes

## CHOREOGRAPHED CARDIO CLASSES

### **Barre Moves**

Barre Moves is more balletic in style, combining flowing yoga and contemporary and classical ballet exercises. The result? Burning fat and toning the body at the barre and on the mat.

### **Dance Fusion**

Is a track by track dance class for everyone from complete beginner to advance. This class uses all styles from hip hop to latin and many more.

### **Dance Aerobics**

Involves any kind of dance put to music and can include everything from Zumba (a Latin inspired dance aerobics) to hip-hop dancing. A typical dance class usually begins with a 5 to 10 minute warm-up, followed by a 20 to 30 minute aerobic routine, and ends with a 5 to 10 minute cool down.

### **Street Dance**

Hit the dance floor on a Saturday night with confidence. Our instructors are going to break it down and teach you all the moves for you to be able to shake it like Beyonce, pop it like Usher and glide like Justin. The routines are simple, broken down and most of all fun.

### **Fun Class**

Come and join the Sports Team for fitness party and try out different classes; you will dance, box, run, jump and maybe learn to move like animals....

### **Fight Klub**

FIGHT KLUB® is the high intensity fun workout that makes getting in shape an addiction. Set to music, the program is a combination of boxing, kick boxing and dance.

FIGHT KLUB® is a workout built around a freestanding professional grade punch bag using simple combinations of kicks and punches whilst keeping time with the high energy beat.

### **Step**

Step training is still one of the most popular forms of aerobic training. This class will enable you to learn all the different movements used in most Step classes. The movements are very easy to follow and you will be able to learn how to perform good techniques and train in a safe manner.

### **RPM (Indoor Cycle)**

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®**

Zumba involves dance and aerobic movements performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo steps. Squats and lunges are also included.

Zumba classes are about 50 min long and are taught by instructors licensed by Zumba Fitness, LLC. In one Zumba class, You can burn between 500-1000 calories and it is safe for all ages, meaning that anyone from age 0 to 100 can participate in this form of aerobic exercise.

### **STRONG BY ZUMBA™**

Fitness enthusiasts and students looking for a more challenging, high intensity interval training workout – this is a class for You! Moving in sync with great music makes you work harder. This class will push you past your plateaus to help you reach your fitness goals faster.

Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased afterburn. The result? A group fitness experience like no other.

# Cardio Classes

## NON CHOREOGRAPHED CARDIO CLASSES

### **HIT**

High-intensity training, is a form of interval training, an exercise strategy alternating short periods of intense anaerobic exercise with less-intense recovery periods. HIIT is a form of cardiovascular exercise.

### **HIT Cardio**

HIT Cardio is a high-intensity training (HIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

### **HIT Plyo**

High Intensity Interval Training with built in recovery time utilizing plyometric power moves, explosive energy and body weight exercises.

### **HIT Strength**

A high intensity interval training session designed to build strength and lean muscle.

### **Family Boot Camp for Fun**

As you and your family head toward the beach, Your Instructor will take you through loads of different team exercises from jumping, crawling and pushing again you will get dirty and even wet if you don't catch the water balloon bombs!!

### **Indoor Cycle**

Spinning is a great and safe exercise on a stable bike. The instructors will guide you through warm-up, steady up-tempo cadences, sprints, climbs and cool-downs. You control the resistance on your bike.

Constant adjustment is normal. So put on your workout clothes, bring a towel (to wipe your face) and a bottle of water. Our instructors is educated to challenge you, so choose your level. Beginners, intermedia or advanced.

### **Aqua**

Aqua includes all the exercises you would expect to enjoy in a studio, but with the added benefit of a water-based workout. Our aqua sessions are delivered to provide variety, be it Aqua Splash Dance or Aqua Aerobics water based exercises choreographed to music, Aqua Tabata (HIT in water) or Aqua Fun Class where you expect to laugh while you splash!

# Mind and Body

## **Yoga**

Everyone can practice yoga. For some it is purely a physical pursuit, keeping the body toned, strong and flexible. For others, yoga becomes more of a mindset and a way of living. Whatever your reason for practicing, or your level of experience, age or flexibility – we welcome you our Yoga classes.

## **BODYBALANCE (Body Flow)**

This class is for anyone and everyone, BODYBALANCE™\* is the yoga-based class that will improve your mind, your body and your life.

During BODYBALANCE an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi, yoga and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered and happy.

## **Pilates Basic**

This class is an introduction to basic Pilates. We will go through the basic principles that provide the foundation of Pilates and are key to perform every exercise both safely and effectively. We will learn how to breath properly and how to position our body through the exercises. This will make you more aware of your core and help you get better results from your workout.

## **Stretch and Relax**

In this class you really can relax all the muscles in your body, as well as improve your flexibility and mobility. This is a training programme which is suitable for all ages and fitness levels.

## **Sun Salutation**

Welcome the new day every morning with nice exercises to warm up the body and welcoming the sun with the yoga exercise Sun Salutation.

## **Core flow**

Using glide pads that slide on the floor we challenge our body in many different ways. Get inspiration to new moves, a full body workout and good tips on how to use anything that slides on the floor.

## **Vera Flow**

Dance, stretch and find your true flow in this class like none other you have ever experienced. VeraFlow is just what you need to feel completely relaxed and content. Find your true flow in body and mind as you stretch your body and train your mind to the rhythm of the music.

## **SOMA MOVE**

SOMA MOVE® is movement and knowledge united – a philosophy, a teaching and a movement form. It is a philosophy because we always ask ourselves, “Why?”. It's a teaching because we teach the answers we get, and it is a movement form because we practice what we preach. SOMA MOVE® is a holistic way to exercise that is athletically and at the same time soft. You work with your body as resistance and with the ground as your tool. The entire session is an uninterrupted flow of movement patterns in which the focus is to work with the body as a unit in harmony with the breathing.

SOMA MOVE® is something that has emerged through a quest to understand the body's functional design and how the design will be used in movement. We have experimented with our own bodies and others to explore how the theory takes shape in practice. Our efforts have given us a clear and effective results as well as the evidence and arguments that constantly move us forward on our quest. SOMA MOVE® is scientifically grounded in all aspects and is no shortcut or simplification.

# Athletic improvement

## **Foot training**

A mobility class to increase movement in your joints. This is a class for athletes that want to improve their performance and prevent injuries through increased mobility around joints. It is a slow class that moves from toes to fingers.

## **Foam Roller**

In this class we work with your Myofascial tissue. It is a safe and very effective hands-on technique that involves applying gentle sustained pressure into the Myofascial connective tissue restrictions to eliminate pain and restore motion.

The foam rolling class is for everyone and will allow you to release any stress which your muscles have built up through exercise or other components. This class really goes deep into the muscle for a self-massage, using our rollers; we can achieve longer, less sore muscles to achieve the best fitness levels possible.

## **Mobility**

A low intensity class that increases flexibility in muscles with big movements, dynamic stretches and functional exercises.

## **Running Technique**

Here is your chance to improve your endurance and posture. With simple exercises we will work with how you hold your body, use your legs, feet and arms. There are no long runs, max 100 metres at a time, a lot of coordination and flow runs.

# Social Sport

## **Social Sport**

Take part in sport activities along with other guests from Playitas resort! Please remember that the activities are at a social level, therefore teamwork, fair play and respect for each individuals abilities are requested! So that everyone can feel confident in participating and to enjoy the activities! No booking needed – just show up at the marked time and place (see actual sports program)!

All activities will be supervised by a representative from either Apollo or Playitas sports team!

**For guests over 16 years old!**

## **Volleyball**

Join social beach volleyball at the court besides MC1! An instructor will bring a ball and divide you into even teams! Maximum six players in each side at the same time – if more participants, we play with substitutes or divide you into several teams! The rules are simple! Points on each ball, no blocking of the serve, maximum three touches within the team where all parts of the body may touch the ball and first to 21 points wins the game! Good game!

## **Badminton**

Join social badminton at the indoors hall! An instructor will bring balls and set up the nets! You just have to lend a racket at the sports booking for 3€/each – remember the deposit card! Challenge your friends in a single or double game! Or are you a complete beginner? Then you can practice and get tips from us! Badminton really is a game for everybody!

## **Football**

Join social football at the indoors hall or outside on MC1 (see actual sports program)! An instructor will bring a ball and divide you into even teams! The number of participants determines the size of the field and number of teams! The rules are simple! The last man is allowed to take with hands – but not to hold the ball, only block! Please remember fair play and keep the good spirit up! Maybe a star of tomorrow can be born?

## **Floorball**

Join the social floorball at the indoors hall! An instructor will bring a ball, sticks and divide you into even teams! The number of participants determines the size of the goals and field! The rules are simple - just keep your stick down! Please remember fair play and keep the good spirit up!

## **Basketball**

Join the social basketball at the indoors hall or MC1 (see actual sports program)! An instructor will bring a ball and divide you into even teams! The number of participants determines the number of hoops and the size of the field! Please remember fair play and keep the good spirit up!

## **Hiking Tour**

Join our hiking tour over the mountains to Gran Tarajal! The tour is every Thursday with a representative from Apollo and we meet at Plaza Rambla at 10.30! It's a social hike of about 5 km where everybody is welcome to join! No booking – just show up!

The hike takes about one and a half hour and we recommend you to bring water, sunglasses and good shoes! Don't forget the sunscreen! When we arrive at Gran Tarajal you get the opportunity to have a lunch along the beach or why not take a hike back to Playitas? Or if you are feeling sore in your legs you may take a taxi or bus! Good tour!

# Running Classes

## **30 min Off Road Run**

Our 40 minute off road run, is based on being social, meet other people and run as a group in a relaxed but friendly atmosphere. Enjoy the fresh air and beautiful sea views of Fuerteventura and learn about some of the run routes available to you here at Playitas.

## **The Lighthouse Race**

The lighthouse race is a 13.5 km run. The race will start at the roundabout near multi court 2. From there you will run along the red path towards Las Playitas but before you get to the village you will take the 1st left turn. When you make the turn you will be on an asphalt road.

The road will lead you to the top of the lighthouse, it is not a flat route and you will come across some small climbs before the big challenge! At around 5km you will start the climb to the top. You have just over 1km of climbing with parts reaching an incline of 12-15%. When you get to the top you will be greeted by the sports team with a cup of water! From here you make your turn and head back to the resort, you will finish the race in the plaza Rambla. The finish line will be shown to you before the start of the race by the sports team.

## **5 and 10 km Race**

The race will start where we do our morning run taking you down towards the seafront and into the aparthotel. From there you head towards the villas. When you get to the roundabout you will make a left turn onto the red cycle path. You will continue along the red path until the turn point at 2.5km, here you will have an aid station with water. After the turn you make your way back to the start line coming back the same way, when you get to the finish line if you are running 10km you make another loop.

## **Aquathlon**

3.2km Run 200m swim and 3.2km run. The run course is 2 loops of the morning run. On your second loop you will be directed by the sports team towards the swimming pool. When you enter the transition you must let the sports team know your race number this way they can record all your times for the 3 disciplines.

You will swim 200m (4 lengths) you must make sure you wear a swim hat. After you swim you will exit the transition from the same place you went in again shouting your race number to the sports team to record your split time. You will then head back out onto the run course for another 2 loops of the morning run course. The finish line is in the same place as the start line.