



VIC Workout Club

Descriptive Schedule 2015

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
07.30 AM	Detox Power Yoga Power detoxing yoga using Ashtanga postures to relax your mind and body in preparation for the busy week ahead.				
12 NOON		Pilates FIT Enhanced Pilates with extreme core building using hand weights and a small ball to give precision training.	Body Shaping Every muscle group is worked using hand weights and repetitive sets to ensure a perfect workout toning the entire body.	Cross Training Super Power – Super Fast – Super Workout! Non-stop cardio, fast paced and stamina building. Can you keep up?	BBP Using the step and hand weights, a cardio session to strengthen the Bauch/Bein/Po (Abs/Legs/Butt).
1 PM		Body Balance Stretching, toning and balancing workout to promote suppleness and flexibility.		Classical Pilates Perfect for those with back problems. Strengthen the ‘power house’ and improve overall movement.	 Latin-inspired dance fitness programme. Great music and amazing fun whilst burning plenty of calories.
5 PM					

Coupons for Members are €3.50 each. Coupons for Guests are €4. All coupons can be purchased from Kaye Turner in room A0514 or from Deborah Poore in the Gym most days. Please contact d.poore@iaea.org if you wish to have further information.