

## Group Fitness Classes 2024 Sero Patrishi

### **HEAVY METAL ROOM**

*Name instructor:* **Egmond Molina**  
*Day & time of classes:* Monday, Wednesday, Thursday 6:00 pm  
*Room:* Heavy Metal  
*Group Class name:* **Shred & Sculpt by MBM**  
*Instruction language:* Papiamento / English

#### **Description Class:**

Training Routine:

1. Strength and Conditioning Training: Begin with exercises to improve overall strength, endurance, and conditioning.
  2. Muay Thai Training: Incorporate Muay Thai techniques and drills for martial arts training and skill development.
  3. Kettlebell Workout: Include a variety of exercises using kettlebells for a full-body workout, including targeting the core muscles.
  4. Abs Workout: Perform additional exercises specifically targeting the abdominal muscles for a more intense and focused abs workout.
- By following this training routine, you can sculpt and strengthen your body. Get ready to achieve your fitness goals with the Molina new training routine!

*Name instructor:* **Miguel Arzola**  
*Day & time of classes:* Monday, Wednesday, Friday 5:15 am  
*Room:* Heavy Metal  
*Group Class name:* **CardioBox+**  
*Instruction language:* Spanish / Papiamentu

**Description Class:**

El cardio boxing es una disciplina que aúna los ejercicios del fitness y el boxeo, se trata de una combinación de técnicas de boxeo, kickboxing, muay thai y crossfit orientada a estar en forma y no a competir o ganar en musculatura. No obstante, no existe contacto, ya que todos los golpes se dan contra el saco, y en sesiones de 60 minutos a alta intensidad, se pueden llegar a quemar hasta 1000 calorías, además de que aumenta la resistencia, la fuerza, la agilidad y la coordinación.

*Name instructor:* **Rigel Pieters**  
*Day & time of classes:* Monday, Wednesday, Friday 6:15 am  
*Room:* Heavy Metal  
*Group Class name:* **Morning Boost**  
*Instruction language:* Papiamento / English / Dutch

**Description Class:**

Ready to transform your fitness journey? This high-energy group class is designed to sculpt your body, boost your metabolism, and enhance your overall endurance. Join us for the Cuts & Curves Metabolic Conditioning Class and unlock a new level of fitness. Your body will thank you, and you'll leave each class feeling empowered. let's Goooo!

Why Metabolic Conditioning at Cuts & Curves?

- **Results-Driven:** Our program is built on the science of metabolic conditioning, maximizing your time and effort for optimal results.
- **Fun and Varied Workouts:** Say goodbye to workout boredom! Each class brings a fresh and exciting combination of exercises to keep you engaged and motivated.
- **Professional Guidance:** Our skilled instructors are passionate about your fitness journey. They provide expert guidance, ensuring you perform exercises with proper form and technique.
- **Health and Wellness Focus:** At Cuts and Curves, we believe in holistic fitness. Our classes not only challenge your body but also contribute to your overall well-being.

*Name instructor:* **Rigel Pieters**  
*Day & time of classes:* Tuesday & Thursday 5:00 am  
*Room:* Heavy Metal  
*Group Class name:* **BodyFlow**  
*Instruction language:* Papiamento / English / Dutch

**Description Class:**

Unleash your inner strength with our Beach Body Gymnastics/Calisthenics Class at Cuts and Curves! This unique class is tailored to sculpt and strengthen your body using the power of gymnastics, focusing on core strength, stability, and overall functional fitness. Redefine your strength and conquer new heights! Join us for the Cuts & Curves BodyFlow Gymnastics/Calisthenics Class. Your body will thank you, and you'll discover a newfound appreciation for the incredible capabilities within you!

Why BodyFlow Gymnastics/Calisthenics at Cuts & Curves?

- Holistic Strength:** Our class is designed to strengthen not just individual muscles but your entire body, promoting functional fitness and overall well-being.
- Pain Relief:** Address nagging aches and pains with exercises that improve joint mobility and muscle flexibility, leading to a more comfortable and pain-free lifestyle.
- Progressive Challenges:** Whether you're a beginner or advanced practitioner, our class offers progressions that challenge and inspire growth at every level.
- Versatile Workouts:** From static holds to dynamic movements, every class is a diverse and exciting journey into the world of gymnastics and calisthenics.

## **CLUB ROOM**

*Name instructor:* **Ivana Jansen**  
*Day & time of classes:* Monday, Wednesday, Friday 5:15 am  
*Room:* Club  
*Group Class name:* **Evolve HIIT**  
*Instruction language:* Papiamento / English

### **Description Class:**

This is a short, fun, challenging and effective 30 minute workout. This class will incorporate rounds of high intensity and lower intensity exercises followed by short rest periods. The class combines both cardio and strength (resistance) training.

Benefits include decrease in body fat, increase in daily caloric expenditure, increase in strength and endurance.

Note: for all fitness levels

Note: exercise and intensity can be modified if necessary.

Weekly Schedule:

Monday: FULL BODY

Wednesday: HIIT: LEGS + GLUTES or LOWER BODY

Friday: HIIT: FULL BODY

*Name instructor:* **Carlos Centeno**  
*Day & time of classes:* Tuesday Thursday 6:15 am, Saturday 10:00 am  
*Room:* Club  
*Group Class name:* **Extreme Toning**  
*Instruction language:* Spanish

**Description Class:**

Coreo-Clase intensa con implementos novedosos que tonificarán y moldearán tu cuerpo en etapas evolutivas trimestrales , concentración , flexibilidad , fuerza, equilibrio , con un toque de humor y socialización para comenzar un excelente día.

*Name instructor:* **Raya Curiel**  
*Day & time of classes:* Tuesday Thursday 6:00 pm, Saturday 8:30 am  
*Room:* Club  
*Group Class name:* **Sweat Station**  
*Instruction language:* English

**Description Class:**

This awesome class will be offering full body HIIT/Strength training which involves short bursts of intense exercises, followed by low-intense recovery exercises. In that way clients will have their heart pumping and strengthening their muscles.

Benefits of this training:

- Burn calories effectively and faster
- Increase your metabolism
- develop power and speed
- weight loss
- fat loss
- improve oxygen consumption
- reduce heart rate and blood pressure
- lean muscle work
- sense of community that empowers and inspires