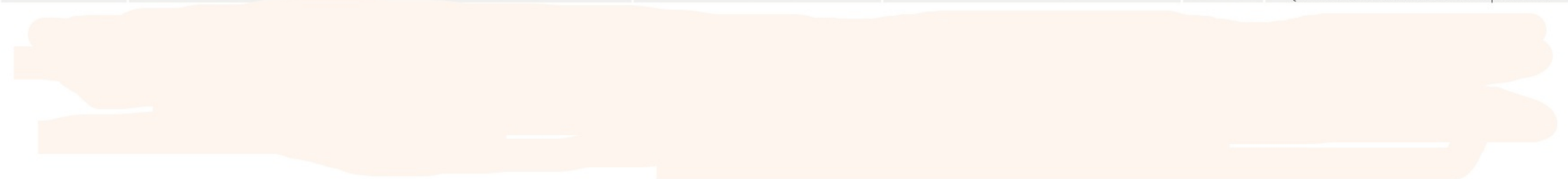


# WELLNESS ACTIVITIES CALENDAR

Date/ time	8.00-8.50	13.00-13.30	14.00-15.00	16.00-16.50	Creative Activities	15.00-16.30	
							<b>Creative Activities</b>
<b>Monday</b>	Group Yoga for beginner @ Synergy	Dynamic Stretches Exercises @ Synergy	Group Aero Boxing @ Synergy	Group TRX @ Synergy <b>(Max 7 Persons)</b>			Group Ceramic Painting @ Wellness Center (Max 4 persons)
<b>Tuesday</b>	Group Hatha Yoga @ Synergy	Static Stretches Exercises @ Synergy	Group HIIT Class @ Synergy	Group Core Exercise @ Synergy			Group Natural Soy Wax Candle @ Wellness Center (Max 4 persons)
<b>Wednesday</b>	Group Aqua Exercises @ The Senses Pool <b>(Max 10 Persons)</b>	Benefit of Body Detox @ Wellness Library (Talks)	Group Circuit Workout @ Synergy	Group Pilates Mat Class @ Synergy			Group Ceramic Painting @ Wellness Center (Max 4 persons)
<b>Thursday</b>	Group Hatha Yoga @ Synergy	Lower back pain exercise @ Synergy	Group Aero Boxing @ Synergy	Group Core Exercise @ Synergy			Group Natural Glycerin Soap @ Wellness Center (Max 4 persons)
<b>Friday</b>	Group Aqua Exercises @ The Senses Pool <b>(Max 10 Persons)</b>	Benefits of Colon Hydrotherapy @ Wellness Library (Talks)	Group HIIT Class @ Synergy	Group Fit Ball Exercise @ Synergy <b>(Max 10 persons)</b>			Group Ceramic Painting @ Wellness Center (Max 4 persons)
<b>Saturday</b>	Group Hatha Yoga @ Synergy	Static Stretches Exercises @ Synergy	Group TABATA @ Synergy	Group Pilates Mat Class @ Synergy			Group Natural Soy Wax Candle @ Wellness Center (Max 4 persons)
<b>Sunday</b>	Group Yoga for beginner @ Synergy	Lower back pain exercise @ Synergy	Group Body Weight @ Synergy	Group HIIT Class @ Synergy			Group Natural Glycerin Soap @ Wellness Center (Max 4 persons)





# GUIDE TO CLASSES

<b>Yoga for beginner</b>	A tailor-make slow movement yoga session suitable for anyone who would like to enjoy practicing yoga.
<b>Hatha yoga</b>	A traditional form of yoga combining classical postures with breathing. A lower intensity yoga class.
<b>Circuit workout</b>	Circuit training is a style of workout where you cycle through several exercises (usually five to 10) targeting different muscle groups with minimal rest in between. The result is a workout that taxes your muscular strength and endurance and your cardiorespiratory system.
<b>Core exercise</b>	The name might be core but you'll be working your whole body. You'll use a combination of body weight exercises to challenge the core stabilizers in your shoulder, hips, and torso. You'll strengthen your core for better posture and improved performance in your daily activities.
<b>Aero Boxing exercises</b>	it's a mix of aerobics and boxing. You therefore won't be surprised to learn that it involves combinations of aerobics movements and punches and kicks (without a target) inspired by combat sports.
<b>Aqua Exercises</b>	Aquatic exercises can have many health benefits, such a improved heart health, reduced stress, and improved muscular endurance and strength
<b>Static stretches</b>	Static stretches are those in which you stand, sit or lie still and hold a single position for period of time, up to about 45 seconds.
<b>Dynamic stretches</b>	Dynamic stretches are controlled movements that prepare your muscles, ligaments and other soft tissues for performance and safety.
<b>Lower back pain exercise</b>	A gentle stretching class focused on the lower back and related muscle groups
<b>Body weight exercises</b>	Bodyweight exercises are a type of strength-training where you use your own weight to provide resistance against gravity.
<b>TRX</b>	'Total resistance exercise'; TRX uses your own body weight and a suspended strap with handles to improve core strength, body strength and tone, alignment and coordination.
<b>TABATA</b>	This workout is a form of high intensity interval designed to get your heart rate up in the anaerobic zone for short periods of time. Not only does this help build your fitness level, it helps you burn more calories both during and after your workouts.
<b>HIIT Class</b>	High-intensity exercise in a short period of time increase the heart rate, repeats for a specified period of time
<b>Stretching and Fitball</b>	A mix of cardio and stretching exercise using the Fitball to support better movement, while challenging balance and strength.
<b>Natural Soy Wax Candle</b>	Learn how to prepare and make your own scented soy candles
<b>Natural Glycerin Soap</b>	Create your own pattern glycerin-based soap bar
<b>Ceramic Painting</b>	Find what fascinates you by decorate your own ceramic

