



# GOGO Group Fitness Classes

**ACROSTRETCH** An acrobatic stretching class to increase flexibility.

**AFROFITNESS** A fun African rhythm-based dance workout for everyone. Instructed by Eben from Ghana.

**ASTANGA YOGA** A physical, energizing, and meditative yoga class, which most important element is breathing combined with movement. With its many vinyasa sequences, Ashtanga yoga is great for building core strength and toning the body.

**BOOTY & BARRE** This class instructed by a physiotherapist concentrates mainly on training your glutes, making them stronger and leaner while gently holding onto the barre. This workout will also improve mobility, balance as well as muscle balance.

**BOSU PILATES** A combination of Pilates and yoga while using BOSU (half of an exercise ball) to further challenge your stability, balance and core in a new way.

**FAMILYFUN** is designed for parents and their 1,5-6 –year old children. Includes fun ballgames, obstacle courses and moving to the music. Duration is 45 minutes.

**GOGO MOMMY** This class is specifically designed for mothers with a 0-12 month-old-baby as well as for soon-to-be mothers.

**GOGO PILATES** The many benefits of Pilates include improving posture, strength, and flexibility, toning your body, fixing possible imbalance in muscles, and helping with breathing, concentration and coordination.

**GOGO YOGA** Mind-body wellness at its best. This yoga class will leave you feeling relaxed and refreshed.

**HIGH ROLLER** After this class your body will be very relaxed yet energized. You will notice how your stress levels decrease and learn the best foam rolling techniques. An equipment called High Roller is used in this class combined with stretching.

**HOPEALENKARIT** Health maintaining and simple exercises designed for both men and women who are 70 years and older in a friendly small group environment.

**HYVÄT HERRAT** Diverse workouts for working and 60+ men. Tuesday's workout can be anything from BODYPUMP to a kettlebell training. Thursday's workout on the other hand is kept simple.

**JÄTTIPALLO 30** A full body workout using exercise balls. Duration is 30 minutes.

**KAHVAKUULA** Full-body workout using kettlebells.

**LÄMPÖTUNNIT** In our warm room classes the content of the workout stays the same, but the room is heated up to 28 degrees of Celsius, which helps to boost your metabolism, while keeping muscles and joints warm and flexible. Remember to bring a full-size towel with you to all our warm room classes.



**LÄMPÖYOGA 90** The first 60 minutes of the class consists more of an active type of yoga such as Ashtanga and Flow, following with 30 minutes of calmer, longer stretches and asanas.

**LESMILLS BODYATTACK™** is a high-energy fitness class with moves that cater 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.

**LESMILLS BODYBALANCE™** Ideal 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 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.

**LESMILLS BODYCOMBAT™** This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

**LESMILLS BODYPUMP™** is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. You'll leave the class feeling challenged and motivated, ready to come back for more.

**LESMILLS BODYSTEP™** Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP™ – a full-body cardio workout to really tone your butt and thighs. In a BODYSTEP class you combine basic stepping with moves like burpees, push-ups and weight plate exercises to work the upper body also.

**LESMILLS CXWORX™** Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together. All the moves in CXWORX have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

**LESMILLS GRIT® CARDIO** is a 30-minute high-intensity interval training (HIIT) 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. LES MILLS GRIT Cardio takes HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

**LESMILLS GRIT® PLYO** is a 30-minute high-intensity interval training (HIIT) plyometric-based workout, designed to make you perform like an athlete. This workout uses a bench and combines explosive jumping exercises with agility training to increase explosiveness and to build a lean and



athletic body. LES MILLS GRIT Plyo takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you motivating you to go harder to get fit, fast.

**LES MILLS GRIT® STRENGTH** is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

**LES MILLS RPM™** is a group indoor cycling workout where you control the intensity. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race!

**LES MILLS SPRINT™** is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. The 30 minutes you put into a LES MILLS SPRINT workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.

**LES MILLS THE TRIP™** is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds. With its cinema-scale screen and sound system, THE TRIP takes motivation and energy output to the next level, burning serious calories. Cycling with friends has never been so much fun! There are 14 different trips, each with a different theme. In this class time will fly by so fast that you won't even notice. Every participant decides for themselves how difficult they want to make the workout by adjusting the settings of the bike being used.

**LES MILLS TONE™** If you want the optimal mix of strength, cardio and core training this is it. The challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level. LES MILLS TONE has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful.

**LIKKUVUUS/VENYTTELY** This stretching and mobility class should find place in everyone's weekly workout routine. The class will help you decrease the risk of injuries, tension and muscle pain. Equipment such as Foam roller and massage ball may be used.

**MUOKKAUS** A functional full body workout combining aerobic and strength exercises. Equipment such as resistance tubes and hand weights may be used.

**PiYo** combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility benefits of yoga. It's a true fat-burning, low-impact program, and you'll get incredibly defined.



**POWER PILATES** During this Pilates class exercises instructed can be fulfilled at your own pace. The class includes one warm up movement following with 6-8 different movements, and the class ends with a relaxation practice. Come challenge your balance, deep muscles, resistance, oxygen intake and flexibility in a relaxed atmosphere with beautiful music playing in the background.

**SENIORIITTA CIRCUIT** Circuit strength training using easy gym equipment. Designed for women 60 years and older.

**SENIORIITTA** Designed specifically for women 60 years and older. Includes diverse exercises in a fun and relaxed small group environment.

**SPLASH-VESIJUMPPA** Water aerobics at the indoor pool in Hotel Ilves. Duration is 45 minutes, after which you can enjoy the Finnish sauna. Please take your own swimsuit and a towel with you. Remember to sign up beforehand as the space is limited.

**TERÄSPAKARAT** Simple and effective exercises to strengthen your glutes. Duration varies from 20 to 30 minutes.

**VAHVAT KÄDET 20** A simple yet intensive 20-minute workout to tone your arms.

**VATSA-SELKÄ** A simple 30-minute workout training your core.

**VENYTTELY 30** Stretching for 30 minutes. Decreases the risk of injuries, tension and muscle pain. We highly recommend that you include this class in your weekly workout schedule.

**VETERAANIT** GOGO has been offering a free workout for the Finnish veterans weekly for over 25 years.

**YIN YOGA** In this class you get to concentrate on your own body and breathing, while performing long gentle stretches and asanas.

**YOGALATES** A combination of different kinds of flexibility and core strengthening practices from Pilates and yoga. Helps with finding and increasing balance and strength in your body and mind.

#### SMALL GROUP GYM FLOOR WORKOUTS

**CROSS CIRCUIT 30** Effective cardio and strength class for the entire body using the cross trainers and hand-weights.

**GOGO SALIOHJELMA** In this class our gym instructor will go through a beginner's strength training program that you can start to follow on your own.

**HIIT 30** 30 minute high intensity interval training workout. Equipment such as boxes, ropes, boxing bags, kettlebells, and cross trainers may be used.

**KIINTEYTYSTREENI** A full body workout concentrating on the largest muscle groups in your body. Burn calories while strengthening and toning your muscles. This small group class will challenge your workouts and the workout is different every week.

**KUNTOSALI CIRCUIT** 30 or 45 minute circuit strength training class using easy gym equipment.



**PAKARATREENI 55** A small group workout which concentrates specifically on strengthening the glutes. Gym equipment as well as free weights will be used. This is for everyone desiring stronger and bigger glutes.

**VOIMATREENI** The goal of this workout is to make your body stronger and grow muscle by using different training methods. Muscle group concentrated on changes weekly (arms, legs, core).

**X-BODY** A small group workout held at the gym floor for those desiring an X-shaped body or just more athletic body in general. The muscle group concentrated on changes weekly between lower body, chest + abs, shoulders + triceps, and back + arms. A small group allows our gym instructor to give personalized help to all participants.