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# SIGNATURE CLASSES

## **Body Maintenance**

Mixed Group

Fitness level: ALL ABILITIES

Duration: 45 minutes

If you're looking for a low to moderate impact workout, this is the class for you. The exercises aim to make everyday movements easier and pain-free by working on increasing mobility and stability of joints, strengthening your core and enhancing basic movement patterns.

Class Instructor: Ahmed Salem

## **Boxing**

Mixed Group

Fitness level: ALL ABILITIES

Duration: 60 minutes

This is our <non-contact> boxing fitness workout. You'll be challenged by exercises

that will help develop speed, fitness, agility and power.

Class Instructor: Ahmed Harara

## **Rise 'n Energize**

Mixed Group

Fitness level: ALL ABILITIES

Duration: 15 minutes

Start your mornings with this energizing session focused on stretching your muscles and releasing all the tension built up from sitting at a desk all day.

Class Instructor: Ayoub

## **Muscle Blast**

Mixed Group

Fitness level: INTERMEDIATE – ADVANCED

Duration: 45 minutes

If you're an athlete looking to develop your physical fitness capabilities, this is the class for you. The exercises involve completing reps using various equipment, including medicine balls and resistance bands. This class works on developing your strength, speed, endurance, flexibility, agility and balance.

Class Instructor: Momen Ali

### **Little Olympians**

Kids (+4 years)

Fitness level: INTERMEDIATE - ADVANCED

Duration: 45 minutes

This class, tailored for children aged +4, consists of various activities that simulate actual events in the Olympics. These activities help them develop their basic motor skills, as well as their social skills.

Class Instructor: Momen Ali

### **Bombou**

Ladies Only

Fitness level: ALL ABILITIES

Duration: 45 minutes

Are you getting bored of your dull workout routines? Break a sweat with this fusion of folk dance rhythms from around the world and easy-to-follow fitness moves!

Class Instructor: Oshy Rayan

### **HIIT Dance**

Ladies Only

Fitness level: BEGINNER – INTERMEDIATE

Duration: 45 minutes

Join the party with this energetic, upbeat HIIT dance class! This is a total body workout with an easy to follow choreographed routine to music. Includes belly dance moves to strengthen your core. Great if your goal is weight loss or general fitness.

Class Instructor: Hanaa Ahmed

### **Hatha Yoga**

Mixed Group

Fitness level: ALL ABILITIES

Duration: 45 minutes

Experience mind, body, and soul connection

through a series of disciplined physical postures, breathing exercises and relaxation. You'll be increasing flexibility and balancing all parts of the body through this strengthening workout. Yoga can help reduce stress and restore positive self-communication.

Class Instructor: Marwa

### **Circuit Class**

Mixed Group

Fitness level: INTERMEDIATE (not suitable for heart disease patients)

Duration: 60 minutes

Sweat Baby Sweat! Get your heart pumping and strengthen your muscles with a high-intensity cardio workout. Challenge yourself to complete this calorie crushing rotation of exercises accompanied by a body shakin' hip hop mix!

Class Instructor: Nora

### **X-treme Kick**

Mixed Group

Fitness level: ALL ABILITIES

Duration: 45 minutes

Technique, endurance and concentration - train your brain to stay focused with choreographed movements of punches, kicks, and knee strikes for an easy and effective full body workout that improves balance and coordination and builds faster reflexes.

Class Instructor: Noor

### **Arabi Aerobic**

Mixed Group

Fitness level: ALL ABILITIES

Duration: 45 minutes

Workout your entire core with easy belly dance and zumba steps - ideal for reducing fat in the abdominal region and thighs and toning of the arms. All levels are welcome!

Class Instructor: Ayoub & Nouran

## **Afro-Fitness**

Mixed Group

Fitness level: ALL ABILITIES

Duration: 45 minutes

Artfully designed by experienced teachers, this dance cardio workout consists of easy-to-follow movements that fuse traditional and freestyle African dance techniques. The squat-based workout focuses on full body toning and strengthening the muscles of the lower body.

Class Instructor: Mamado

## **Tabata**

Mixed Group

Fitness level: INTERMEDIATE (not suitable for heart disease patients)

Duration: 45 minutes

Work up a sweat with this high-intensity interval training (HIIT) workout! You'll lose weight, build muscle and boost your metabolism.

Class Instructor: Nora Darwish

# SEPTEMBER CLASSES CALENDAR

TIME DAY	7:00 AM 8:00 AM	8:30 AM 9:00 AM	4:00 PM 5:00 PM	5:00 PM 6:00 PM	6:00 PM 7:00 PM	6:30 PM 7:30 PM	7:00 PM 8:00 PM	8:00 PM 9:00 PM	9:00 PM 10:00 PM
<b>SUN</b>	Hatha Yoga Marwa Ezz		Kick Boxing Noor	Circuit Hanaa Ahmed			Arabi Aerobic Ayoub & Noor	Hatha Yoga Marwa Ezz	
<b>MON</b>		Rise 'n Energize Ayoub			Body Maintenance Ahmed Salem	Afro Fitness Mamado	HIIT Dance Hanaa Ahmed		Little Olympians Momen Ali
<b>TUE</b>				Boxing Ahmed Harara	Tabata Nora Darwish		X-treme Kick Noor	Hatha Yoga Marwa Ezz	Muscle Blast Momen Ali
<b>WED</b>		Hatha Yoga Marwa Ezz		Circuit Hanaa Ahmed	Body Maintenance Ahmed Salem		Arabi Aerobic Ayoub & Noor		
<b>THU</b>		Rise 'n Energize Ayoub	Kick Boxing Noor	Boxing Ahmed Harara	Tabata Nora Darwish	Afro Fitness Mamado	HIIT Dance Hanaa Ahmed		Little Olympians Momen Ali

— Ladies Only

— Kids (+4 years)