

The logo for ASAS, featuring the letters 'ASAS' in a bold, blue, sans-serif font with a slight shadow effect.

体育大联盟

WWW.ASAS.COM.CN

Class Descriptions

Body Shaping & Dance Studio

Bodyflex

Bodyflex is a weight loose system through a deep breathing combined with tension and stretching positions. This exercise will tone up your muscles and give you a lot of energy. Comfortable clothes. Can be performed with or without footwear. All levels.

Body Blast

Explosive, high adrenalin pumping workout featuring steps, jumps, kicks, big swinging movements and floor work to get the heart racing. Work up a sweat and burn hundreds of calories in each session. One of the most high intensity classes.

Calisthenics

Calisthenics is a fitness gymnastic based on stretching and static movements. Every exercise designed to get involved all muscles of your body at the same time. This is great opportunity to develop flexibility, strength and loose some weight. comfortable clothes, footwear. All levels.

Capoeira

The traditional Afro- brazillain martial arts/dance. Is a fun and unique way to gain flexibility, coordination, strength, endurance and a great way to get into shape. The classes incorporate individual kicks spins and step along with various group exercises. Very popular class for those wanting to try something different. Best performed without shoes.

Cap Aerobics

Is the full blast cardio version of Capoeira. The difference is there is more focus on repetition and choreographed routines. The techniques are adapted from the Capoeira movements to give an explosive fat burning and body shaping experience, Punches, kicks, dumbbells, spins and floor work will surprise and fascinate even the most seasoned trainers.

Dance Aerobics

Aerobics combined with dance -a high cardio workout and vital force which energizes your body. Comfortable shoes. All levels.

Fit Ballet

This classes combine fitness exercises with ballet elements. Its something new for those, who want to develop strength, flexibility and grace at the same time and making fitness classes more interesting. This program will make you fit person with great posture and elegant movements.

Ballet shoes or socks.

Fit Ball

An entire class dedicated to exercises on a big fitness ball. Don't be fooled this class can be more difficult than it sounds! A great low impact and moderate class for toning the body, improving balance and posture.

Jazzdance

Basic ballet techniques mixed together with strong American jazzdance. Learn the dance moves while shaping the body. No Shoes All levels.

HBT

Hips, Butt & Thighs ,A session of squats, lunges and other various movements to hit and tone the lower body, targeting all the lady's favourite parts.

Hip Hop

Thumping beats from the latest in Rap and R&B music together with movements influenced by some of the hottest videos. There's no strict or set techniques, it's all about individuality and attitude! Various hand and feet combinations, steps and freestyle movements give students the opportunity to develop their own style. Bounce and move rhythmically to the urban sounds that is Hip Hop.

Hot Pilates

A similar Pilates program that focuses on strengthening & lengthening the deeper muscles. Improving coordination and core strength. The heated room warms the muscles and joints, allowing increased movements and flexibility. Also providing a much more challenging workout. All levels. No Shoes.

Latin Mix

Aerobics combined with latin sounds and dance steps mixed together.

Get a tropical feeling for a latin music and get physical! Comfortable foot wear.

Pilates

Physical exercises of Pilates designed to stretch, strengthen and balance the body. Professional sportsmen's and dancers also use this program for balance, core strength and increased flexibility. This system can completely improve and change body's postural habits and movements. Comfortable clothes, no footwear.

Power Stretch

This fitness program include some exercises from yoga and dance elegant movements. Which will help you to improve your posture, balance, and become more flexible and strong.

Comfortable clothes, no footwear.

Salsa

Learn to shake your hips and tap your feet to the steps of this ever popular Latin dance. For all levels wanting to gain rhythm and movements which can also be easily practiced at home or in the clubs.

Step Aerobics

A classic all round group class designed to improve coordination and tone the lower body via various exercises on a step block. All levels comfortable shoes.

Mind & Body Studio**Ashtanga**

This is for the beginner and for those seeking to refine their existing practice. This class will help you to learn the fundamental techniques and foundational tools of a solid Yoga practice including Savasana (relaxation), Asanas (exercise), Pranayama (breathing), and Dhyana (meditation). The practice develops a balance between strength and flexibility and improves cardiovascular fitness. Furthermore, this class will also help you to experience a deep relaxation and inner peace for the mind wellness. A set series of postures are woven together using flowing movements to create one sequence of meditation in movement. In this class everyone moves through the sequence at the same pace according to the instructor's lead.

Yoga Elements

This is designed exclusively for those who are interested to start yoga practices. It comprises of simple joint rotation to remove the stiffness of joints, breathing exercises and simple yoga poses and relaxation. This is also a preparation for higher yoga practices. Any age groups can join this classes.

Body Mind Awareness Yoga

Minimalism describes movements in various forms of art and design, where the work is stripped down to its most fundamental features and core self expression. A minimalist form of Yoga, Body Mind Awareness training is suitable as much for the absolute beginners as for the most advanced practitioners of Yoga. Body Mind Awareness Yoga is based on Buddhist principles of mindfulness and attention which can give a new perspective to your Yoga sitting and moving postures training. This training can benefit those who are caught up in the fast paced life in Shanghai, working in high responsibility management or creative industries of design and media or simply those who are just suffering of the lack of human touch. BMA training can help their creativity by connecting the physical aspect of the daily practice with the mind balance.

Flow

A set sequence of postures that flow from one position to the next with a synchronized breath control. Poses and movements become more advanced as the student continues to higher levels.

Hatha Yoga

It is the traditional yoga with focus on alignment, deep stretching, breathing techniques etc, middle and higher levels of practitioners can enjoy these practices. It purifies the body from accumulated toxins, make the body slim and beautiful.

Hot Yoga

Here 26 traditional yoga poses are practices in a heated room in a particular sequence.. It is excellent for reducing accumulated fat in the body and a much more challenging workout, as the heated environment helps blood circulation and deeper stretching of the muscles. This class is ideal for all levels

Hot Flow

A much more challenging workout than the regular Flow class. A set series of postures are woven together using flowing movements to create one sequence of meditation in movement. In this class everyone moves through the sequence at the same pace according to the instructor's lead. Differences is the 40 degree studio!

Iyenga Yoga

Yoga is practiced with the assistance of different props to reduce the pressure of overstretching , it makes the yoga more easy for the beginners in particular. It also includes deep breathing and relaxation techniques.

Prenatal Yoga

The focus of a prenatal yoga class is to relax the mind and open the intuition, preparing the mother-to-be for childbirth. Pregnancy and giving birth involve great physical and emotional changes and yoga techniques can promote mental and physical well-being and balance. The emphasis of prenatal yoga will be on poses and exercises that open the pelvic. Practicing yoga during pregnancy not only helps decrease physical discomforts and speeds up the recovery process, studies have also shown that babies are able to tolerate the stresses of late pregnancies, labour and delivery better. Although regular yoga sessions will not guarantee a quick and easy delivery, yoga will come into its own during childbirth by allowing the woman to accept whatever happens, trust her own instincts and “go with the flow” during contractions calmly.

Postnatal Yoga

Practising yoga during the postnatal period helps the new mother to face the many adjustments in her life which may be joyful, frustrating and tiring. From gentle movements to vigorous exercise and relaxation breathing techniques promoted by yoga can help fill the mother with energy as well as tone the muscles during the healing process. The postnatal phase is a recovery period and the focus of postnatal yoga is on healing and strengthening the pelvic area and pulling it back together. While it is unrealistic to expect to lose weight quickly, a balanced diet and gentle yoga exercise will bring acceptable results in time. This is because, since it takes nine months to put it on, it will take nine months to get it off!

Power Yoga

A powerful class focus on movement with breath, using deep breathing techniques and linking postures together to create dynamic sequence. this classes provides the students with an energizing and detoxifying practice, very good for the advance practitioners.

Yoga Kids

This class is designed to gain mind body co-ordination for the young. Children can explore the deeper mind to improve concentration. It helps them not only developing the muscles and mind but also help develop the intellectual capacity.

Pranayama

Prana (breath) is life in yoga tradition. Long and deep breathing techniques designed to enhance health and long life. Universal vital energy is gained in abundance in this practice. It is a technique through which the horizons of prana can be expanded in our body by constant and rhythmic deep and slow breathing techniques.

Meditation

It improves the minds capacity of concentration. It calms the agitating mind. It integrates the scattered thought process and channels them into one purposeful direction to achieve a specific goal. Usually the mind of an individual is preoccupied with various thoughts dissipating his energy in various directions resulting in restlessness. This disintegration of mental energy can be effectively overcome in meditation.

Tai Chi

The ancient art of flowing movements and mental focus that improves your overall physical co-ordination, balance, and mind and body awareness. Relaxes your muscles and joints while strengthening your body from the inside. Non-impact and low intensity.