## Medical Fitness Center

**5th Floor Group Exercise Schedule**

**Effective: October 15, 2023**

<table>
<thead>
<tr>
<th>Time</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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</thead>
<tbody>
<tr>
<td></td>
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<td>Female</td>
<td>Male</td>
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<td>Male</td>
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<tr>
<td><strong>8:15 - 9:00 AM</strong></td>
<td>Stability and Balance / التوازن والاستقرار (Amani / يحيى)</td>
<td>Full Body Mobility / تمرين تمارين الجسم الكامل (Dennis / يحيى)</td>
<td>Power Stretching / تمرين تمدد الجسم (Dennis / يحيى)</td>
<td>Total Body Strength / تمرين تقوية الجسم (Amani / يحيى)</td>
<td>Power Stretching / تمرين تمدد الجسم (Dennis / يحيى)</td>
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<td><strong>10:30 - 11:15 AM</strong></td>
<td>Circuit Training / التدريب الدائري REPS &amp; SETS (Dennis / يحيى)</td>
<td>Full Body Mobility / تمرين تمارين الجسم الكامل (Dennis / يحيى)</td>
<td>Power Stretching / تمرين تمدد الجسم (Dennis / يحيى)</td>
<td>Titan Chi / Chair Exercise (Dennis / يحيى)</td>
<td>Power Stretching / تمرين تمدد الجسم (Dennis / يحيى)</td>
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<td><strong>11:30 AM - 12:15 PM</strong></td>
<td>Core Fit / تمرين الجذع (Amani / يحيى)</td>
<td>Chair Exercise / تمرين الجسم (Amani / يحيى)</td>
<td>Shape and Tone / تمرين تمديد الجسم (Amani / يحيى)</td>
<td>Chair Exercise Yoga / تمرين كرسي يوغا (Amani / يحيى)</td>
<td>Full Body Circuit / الدائرة الكاملة للجسم (Amani / يحيى)</td>
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<td><strong>3:30 - 4:15 PM</strong></td>
<td>Full Body Mobility / تمرين الجسم الكامل (Aprile / إبريل)</td>
<td>Chair Exercise / تمرين الجسم (Aprile / إبريل)</td>
<td>Fit Ball / كرسي التوازن (Aprile / إبريل)</td>
<td>Yoga / يوغا (Aprile / إبريل)</td>
<td>Full Body Circuit / الدائرة الكاملة للجسم (Aprile / إبريل)</td>
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<td><strong>4:30 - 5:15 PM</strong></td>
<td>Full Body Mobility / تمرين الجسم الكامل (Dennis / يحيى)</td>
<td>Stick Exercise / تمرين العصا (Dennis / يحيى)</td>
<td>Power Stretching / تمرين تمديد الجسم (Dennis / يحيى)</td>
<td>Power Stretching / تمرين تمديد الجسم (Dennis / يحيى)</td>
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**Instructors and Classes are Subject to Change**

Pre-booking may be required for some classes due to limited capacity.

[https://www.dasmaninstitute.org/medical-fitness-center/](https://www.dasmaninstitute.org/medical-fitness-center/)
[https://www.dasmaninstitute.org/ar/medical-fitness-center/](https://www.dasmaninstitute.org/ar/medical-fitness-center/)
REPS & SETS
For strengthening whole-body using resistance with reps and sets.

Core Fit
Designed to build core muscles.

Balance Training
Balance Training aims to improve stability and prevent falls. This class include lower body strengthening exercises, core stability exercises, and balance exercises.

BOSU BLAST
A total body workout that will strengthen the lower and upper body using stability balls, it can also intensify fat burning cardio with muscle toning segments and improving balance.

Chair Exercise Class
This class includes strengthening and flexibility exercises performed mostly while seated on a chair to allow the body to be conditioned without putting undue strain on joints. These exercises can increase your ability to perform activities of daily living more effectively.

Core Circuit/Full Body Circuit
This class concentrates on your back and abdominals making your core a strong and healthy one. Combination of cardio and toning.

Fit Ball
This class will improve your strength. For all levels.

Full Mobility Class
This class not just focusing on static stretching, but work encompasses a wide range of exercises that combines range of exercises that combines range of motion and strengthening of different parts of the body.

Functional Training
Train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports. These exercises help us develop balance and improve our mobility so that you can move better without injury.

Shape and Tone
A full body workout combining cardio, toning, and stretching. Using a range of equipment as well as body weight. For all levels.

Stick Exercise
This exercise regimen consists of a series of movements done with a stick. These exercises are designed to maintain a healthy body and spirit by improving balance, flexibility, strength, mental focus and breathing capacity.

TAI CHI/YOGA
It involves a series of movements performed in a slow focused manner and accompanied by deep breathing.