

Groepsfitness lessen	Hartfrequentie	Gewrichtsbelasting	Spierversterking	Coördinatie / choreografie	Core stabiliteit	Lenigheid
Abs	●	●	●●●●	●	●●●●●	●
BBB	●●	●●	●●●●	●	●●●	●
Beat cycle	●●●●●	●	●●●●	●●	●●●	●
Body weight training	●●●	●●●	●●●●●	●	●●●	●
Bootcamp	●●●	●●●	●●●●	●	●●	●
Cycle	●●●●●	●	●●●	●	●●●	●
Essentrics	●●	●	●●●	●●	●●●	●●●●
Fitness circuit	●●●	●●●	●●●●	●	●●	●
HIIT	●●●●●	●●●●●	●●●	●	●●	●
Outdoor fitness	●●●●●	●●●●●	●●●●	●	●●	●
Pilates	●	●	●●●	●	●●●●●	●●●
Pump	●●	●	●●●●●	●	●●●	●
Rumble	●●●●	●●	●●●	●●	●●	●
Shred	●●●●●	●●●●●	●●●●	●	●●●	●
Strength & conditioning	●●●	●●●	●●●●●	●	●●●	●
Strong flow	●●	●●	●●●	●●	●●●●	●●●●
Synrgy	●●●●●	●●●●	●●●	●	●●	●
Yoga basic	●	●●	●●	●	●●●●	●●●●●
Zumba	●●●●●	●●●	●	●●●●	●●	●

● = zeer laag/weinig

●●●●● = zeer hoog/veel