

steps

Squash City has an extensive step program including:

Basic Steps

For learning the basics. Suitable for everyone.

Steps Choreography

A challenging choreography for experienced steppers! Definitely not for beginners.

Fatburning Steps

This lesson focuses primarily on burning fat. So, it's low intensity and high yield!

zumba

A dynamic workout inspired by Latin-American dance using salsa moves. The fun way to tone and shape muscles and burn fat.

Zumba : every lesson is a party!

shape

Bodyshape

The emphasis lies on the strengthening and increasing of muscle power. The lesson consists of exercises for the entire body. Suitable for everyone.

Pump Fit

Focuses on power and muscular definition. An intense fitness training that exercises all large muscle groups with the use of weights. A lesson without difficult moves or complicated exercises. Suitable for everyone

Buttocks and Stomach Session

Half an hour of exercises for tight buttocks and flat stomach. Every monday evening for anyone who has a valid membership for that time.

body & mind

Yoga

Consisting of Vinyasa Flow Yoga and Hatha Yoga : exertion and relaxation. Perfectly combines Western exertion techniques and Eastern relaxation techniques. A dynamic lesson to create more strength, energy and stamina.

Pilates

Pilates emphasizes correct breathing and the right balance between strength and suppleness. Highly suitable for anyone wanting to tone and firm all the muscle groups.

spinning

Indoor cycling training that focuses on improving fitness levels and burning fat.