

GUIDED WORKOUTS

Sport Ljubljana at Fitness Tivoli and Fitness Vič offers a wide range of instructor-led workouts. Some workouts are seasonal, so they are not on the schedule all year round. Registration is required for all workouts. More information and schedules can be found on the [TIVOLI FITNESS](#) and [VIČ FITNESS](#) websites.

AERO STEP is a fun and dynamic dance workout using a step platform that, in addition to improving fitness, enhances balance, coordination, sense of rhythm and mood. We move to different musical genres and gradually master various steps on the step and on the floor - from simpler to more complex ones. With regular attendance, you can notice clear progress in performing the steps more easily and linking them together. During the one-hour session, we build the final choreography gradually and fluidly, from the warm-up onward, and then repeat it several times at different music speeds. This builds confidence and effectively burns calories. Different step sequences and movement through space also strengthen mind-body connections.

AFTERWORK WORKOUT focuses on improving whole-body well-being and restoring inner balance. The opening part is dedicated to aerobic exercise that stimulates the heart, lungs and blood circulation. The rest of the workout focuses on posture, using selected strengthening and stretching exercises to promote correct, upright posture and help reduce pain in different areas of the spine. We also use weights and other equipment during the strengthening exercises.

BEAUTY AB (ABS and Booty) is a medium-intensity workout for the abdominal muscles and glutes. It combines exercises that strengthen the deep core muscles with maximum activation of the gluteal muscles, as the core and glutes support one another during movement. The combination of ABS (abdominal muscles) and BOOTY (gluteal muscles) is one of the most popular fitness programs, focusing on strengthening the core and reshaping the lower body. This combination also improves posture, stabilizes the pelvis and effectively burns calories.

BOX REVOLUTION is a dynamic and energetic group workout that combines basic boxing elements, functional exercises and fitness training. Through different boxing techniques, combinations of punches, work on the punching bag, and exercises for strength, speed, coordination and endurance, we effectively strengthen and tone the entire body. The workout is suitable for both beginners and more experienced participants, as each person can adjust the intensity and difficulty to their own abilities. With energetic music and a positive group atmosphere, we provide an effective workout, relaxation and a sense of well-being. The workout is intended for anyone who wants to improve physical fitness, gain strength and confidence, and get moving and unwind at the same time.

BOOTCAMP is a functional workout based on combining bodyweight exercises with exercises using various pieces of equipment. It is suitable for anyone who wants to improve physical fitness and shape their body in a shorter time. Due to the intensity of the workout, metabolism speeds up and calorie expenditure continues for hours after the workout. Participants adjust the intensity themselves, both by changing the speed of execution and the load.



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FIT PUMP is a cardio workout with weights and a step platform. It is designed to improve fitness through regular practice of basic movement patterns and a high number of repetitions. The workout is performed to the rhythm of music, alternating faster and slower repetitions, which contributes to maximum muscle activation, calorie expenditure and the ability to perform movements through their full range.

FUNKCIOLATES is a gentle (low-impact) workout that combines functional bodyweight movements and equipment with slow, controlled Pilates movements, with an emphasis on core activation and strengthening. During the workout, we improve body awareness, stability and balance while developing and reinforcing correct movement patterns. We use weights, small balls, sliders, large exercise balls and other equipment, gradually increasing the difficulty of the movements and the amount of weight used. Thanks to its versatility and adaptable difficulty, it is suitable for participants of all age groups and fitness levels.

HI-LO AEROBICS comes from the English words high and low. The workout alternates jumps and quick movements with easier steps where the feet remain on the floor. This allows you to regulate the effort and protect your joints. The workout takes place to upbeat music and includes a warm-up, a main cardio section and strength exercises on mats.

Main benefits of the workout

- Heart strengthening: improves the function of the cardiovascular and respiratory systems.
- Calorie burning: promotes fat burning and helps with weight loss.
- Adaptability: suitable for different fitness levels, as you can adjust the intensity yourself.
- Better well-being: improves coordination and balance and builds confidence.

YOGA is a basic form of exercise that, through numerous postures, variations and modifications, offers different challenges and teaches us to respect our own limits. It creates a good foundation for flexibility and stability, improves balance and allows quiet exploration of inner sensations. The focus is on awareness of the breath, observing the activity of the mind and focusing on the present moment; more demanding postures (asanas) also build physical strength.

MORNING FIT is a workout you can do before work to take care of your health and fill up on energy, making it easier to handle the challenges of the day. It is a more intensive workout with high calorie expenditure, preparing you for a new day. It incorporates principles of functional and metabolic training, enabling high calorie expenditure, increased flexibility and maintenance of endurance. The effect of the training lasts throughout the day, as increased metabolism means you also burn more calories at rest. A satisfying post-workout feeling is guaranteed! In the warmer months, we move the workout outdoors.

CARDIO PUMP is a combination of cardio and weight training. The cardio section is intended to raise the heart rate, with movements that are not demanding, as the goal is to increase the heart rate through speed of execution. Weight training strengthens the entire body, provides a faster route to a more toned physique, helps reduce excess body fat and shapes the body. Each participant adjusts the difficulty according to the load (weights), making it suitable for men and women, younger and older participants.



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LATINO is a relaxed dance workout consisting of simple dance steps. It is suitable for anyone looking for entertainment and relaxation at a somewhat lower intensity, while still wanting to work up a pleasant sweat and learn new dance steps.

PILATES is a low-intensity workout focused on strengthening the core muscles and smaller muscle groups. Pilates increases body flexibility and improves posture, coordination and balance. This workout is excellent for injury prevention and preventing lower-back pain, and is suitable for all age groups. The emphasis on proper breathing also helps keep the mind relaxed.

RUNNING WORKOUT is one of the most basic forms of recreation, practiced by an increasing number of people. Running requires much more from the body than good cardiovascular fitness alone; muscle strength is also important, helping us run faster and more efficiently, as are good mobility and body stability, which reduce the risk of injury. With the help of qualified staff, guided running training offers a different approach to preparing for running. The aim is to build on your regular running training by focusing on endurance, mobility, stability, strength and injury prevention. The workout is intended for all runners, from beginners to experienced runners. In case of bad weather, the workout takes place indoors.

TNZ is a workout for shaping key areas of the body - the abdomen, legs and glutes. It consists of an aerobic step section and carefully selected strengthening exercises, with resistance increased using various pieces of equipment such as bands, weights, and small and large exercise balls. The workout is suitable for everyone and delivers visible results in a short time.

SENIOR WORKOUT is a low-intensity workout adapted for older adults who want to improve their quality of life. Problems such as joint and spinal pain, accumulation of body fat and declining physical fitness tend to increase with age. Regular exercise can improve overall well-being and vitality, help prevent the premature onset of osteoporosis, maintain body weight, support heart health and relieve symptoms of menopause. Exercise is the least expensive medicine and the most effective means of combating ageing.

ZUMBA is a workout that can be described as both dance and fun, as it combines the two. Through dance movements to music, you strengthen and tone the whole body while improving your fitness. It combines salsa, reggaeton, bachata, merengue and other Latin rhythms, with occasional songs from other genres for variety. With lively steps and energetic music, a relaxed dance atmosphere develops in which you have so much fun that you forget you are sweating. It is a great way to dance yourself into a better mood and shape.

ATTENTION - if you have any health problems, consult your doctor before attending a workout. On your first visit, inform your instructor about any injuries or movement limitations.