

3C's

Cardio, Conditioning, and Coordination

What is it?

3C's is a moderate to high paced group exercise class, performed in circuit mode to music. It's a fusion of modern aerobics and body conditioning, with an element of functional coordination. The class builds its pace steadily through a series of timed exercise stations to create energy flow through the mind and body, burning up calories and releasing endorphins.

However, unlike what you may have heard about any circuit training, 3C's isn't like an army drill. This is a fun-packed class, where you can vary the vigour of your physical exertion at each circuit station to suit your own goal.

What are its benefits?

It's designed to:

- Elevate energy levels
- Improve cardiovascular & respiratory fitness
- Build muscular strength and increase agility
- Enhance coordination and stability
- Burn calories

Who is it for?

3C's is suitable for healthy adults of any age with reasonable fitness levels. Your goals may include some, or all, of the following: losing weight, better coordination skills, getting in shape for a sporting event, or just improving general fitness.

A typical 3C's class consists of the following components and is taught to upbeat music:

- Demonstration of the circuit stations
- Standing 3C's warm up in the centre
- Two synchronized exercise circuits – standing/lying
- Cool down and stretching

What to wear?

Wear something comfortable and light that allows the body to optimally move and breathe, plus a good pair of trainers and a smile. 😊