

# SCHEDULE FOR THE SPRING 2009 AT GERDAHALLEN

## MONDAY

GYM OPEN HOURS: 07.00-22.00

07.15 - 08.00	Gy	S	Marie Englesson-Lind
07.45 - 08.40	StyYoga	C	Carina Gerdani
09.00 - 09.55	SeniorGyStång	M	Gun Lauritzson
10.00 - 10.55	SeniorYoga	C	Carina Gerdani
11.00 - 11.55	BasGyStång	S	Nadia Haffajee-Krysell
11.00 - 11.55	Spin	L	Olof Jakobsson
11.15 - 12.10	PulsStep	C	Anna Skärvad
12.00 - 12.55	GruppSty*	DG	Ulf Malmsten
12.15 - 13.10	GyStång	S	Lotta Westerlund
12.15 - 13.00	Ry	M	Nadia Haffajee-Krysell
12.15 - 13.10	StyAer	C	Malin Andersén
14.00 - 14.55	RehabGy	M	Åsa Rippe
15.00 - 15.55	Step	C	Åsa Danmyr
15.15 - 16.10	GyStång	S	Helene Tännander
15.15 - 16.10	PilatesBas	M	Carina Gerdani
16.00 - 16.55	Aer	C	Josefina Jernberg
16.00 - 16.55	Spin	L	Jenny Hemborg
16.15 - 17.10	IntStång	S	Stefan Emanuelsson
16.15 - 17.10	Afro	M	Nadia Haffajee-Krysell
17.00 - 17.55	StepBas	C	Malin Andersén
17.15 - 18.10	GyStång	S	Stefan Emanuelsson
17.15 - 18.10	GrabbGy	M	Anders Faager
17.15 - 18.10	Spin	L	Lotta Bohlin
18.00 - 18.55	RyStång	C	Åsa Rippe
18.15 - 19.45	StyGy	S	Johan Axelsson
18.15 - 19.10	Step	M	Anna Kullman
18.30 - 19.25	Spin	L	Karolina Frisk
19.00 - 19.55	LatinAer	C	Helena Skarin
19.15 - 20.10	StyYoga	M	Anna Kullman
19.45 - 20.40	Gy	S	Evelina Johnsson
19.45 - 20.50	SpinSty	L	Carl Sjökvist
20.00 - 20.55	DansAer(f)	C	Helén Rydström
20.15 - 21.10	BoxBas	M	Malin Strömquist
20.45 - 21.40	GyXStång	S	Eva Terbrant

## TUESDAY

GYM OPEN HOURS: 07.00-22.00

07.15 - 08.00	Spin	L	Olof Jakobsson
07.45 - 08.40	StyYoga(f)	C	Nadia Haffajee-Krysell
09.45 - 10.40	MaBa	S	Lotta Westerlund
11.00 - 11.55	GyStång	S	Johan Brandtler
11.15 - 12.00	Ry	M	Helene Tännander
11.15 - 12.00	Afro	C	Anna Kullman
12.15 - 12.45	GyStång 30	S	Lotta Westerlund
12.15 - 13.10	StyYoga	C	Anna Kullman
15.15 - 16.10	Step	C	Malin Andersén
16.00 - 16.55	StyYogaBas	M	Carina Gerdani
16.00 - 16.55	Spin	L	Martin Håkansson
16.15 - 17.10	GyXStång	S	Stefan Emanuelsson
16.15 - 17.10	LatinAer	C	Josefina Jernberg
17.00 - 17.55	GyuhStång	M	Mia Svennarp
17.15 - 18.10	Alp	S	Stefan Emanuelsson
17.15 - 18.10	PulsAer	C	Annika Jeppsson
17.15 - 18.10	Spin	L	Arne Berge
18.00 - 18.55	Step(f)	M	Jenny Malmqvist
18.15 - 19.10	Gy	S	Jenny Hemborg
18.15 - 19.10	RyStång	C	Agnetta Carlberg
18.30 - 19.25	SpinBas	L	Lotta Bohlin
19.00 - 20.10	StepSty	M	Nellie Eriksson
19.15 - 20.45	StyGy	S	Joakim Einarsson
19.15 - 20.10	StepBas	C	Pernilla Bergström
19.45 - 20.40	SpinIntensiv	L	Lotta Bohlin
20.15 - 21.10	BoxInt	M	Jimmy Karavas
20.15 - 21.10	Aer	C	Julia Minoia
20.45 - 21.40	GyStång	S	Maria Mossberg

## WEDNESDAY

GYM OPEN HOURS: 07.00-22.00

07.15 - 08.00	Gy	S	Malin Lanzinger
07.45 - 08.40	StyYoga	C	Carina Gerdani
09.00 - 09.55	SeniorYoga	C	Carina Gerdani
11.00 - 11.55	RehabGy	M	Åsa Rippe
11.15 - 12.10	Aer	C	Jenny Malmqvist
12.15 - 13.10	GyStång	S	Helene Tännander
12.15 - 13.00	RyStång	M	Gun Lauritzson
12.15 - 13.10	Step	C	Linnea Wahlgren
12.15 - 13.00	Spin	L	Carina Gerdani
15.00 - 16.10	StyYoga(f)	C	Anna Kullman
15.15 - 16.10	GyStång	S	Linda Dexlin
16.00 - 16.55	Pilates(f)	M	Nadia Haffajee-Krysell
16.00 - 16.55	SpinSty	L	Åsa Danmyr
16.15 - 17.10	Gy	S	Lotta Bohlin
16.15 - 17.10	Aer	C	Anna Sandström
17.00 - 17.55	K-Kraft	M	Görel Vilén
17.15 - 18.10	GyStång	S	Lotta Bohlin
17.15 - 18.10	DansAer(f)	C	Anna Kullman
17.15 - 18.10	Spin	L	Helene Tännander
18.00 - 18.55	StyAer	M	Ida Texell
18.15 - 19.45	StyGy	S	Michael Ljunggren
18.15 - 19.10	Ry	C	Görel Vilén
18.30 - 19.50	SpinDistans	L	Christian Björnsson
19.00 - 19.55	Box	M	Jimmy Karavas
19.15 - 20.10	Funk	C	Josefine Terdén
19.45 - 20.40	GyXStång	S	Arne Berge
20.00 - 20.55	PulsStep	M	Niklas Gustavsson
20.15 - 21.10	Spin	L	Åsa Petersén
20.45 - 21.40	GyStång	S	Emma Nilson
21.00 - 21.55	Afro	M	Josefine Bunke

## THURSDAY

GYM OPEN HOURS: 07.00-22.00

09.45 - 10.40	MaBa	S	Åsa Rippe
11.00 - 11.55	GyStång	S	Stefan Emanuelsson
11.15 - 12.00	Ry	M	Carina Gerdani
11.15 - 12.10	Step	C	Anna Kullman
12.00 - 12.55	GruppSty*	DG	Ulf Malmsten
12.15 - 13.10	Gy	S	Helene Tännander
12.15 - 13.10	StyYoga	C	Nadia Haffajee-Krysell
15.15 - 16.10	StyAer	C	Lotta Westerlund
16.00 - 17.10	GyCStång	M	Carl Sjökvist
16.15 - 17.10	GyStång	S	Stefan Emanuelsson
16.15 - 17.10	Funk	C	Lina Sandberg
16.30 - 17.35	SpinSty	L	Arne Berge
17.15 - 18.10	Alp	S	Stefan Emanuelsson
17.15 - 18.25	StyYoga(f)	M	Carina Gerdani
17.15 - 18.10	Aer	C	Frode Thorsén
17.45 - 18.40	Spin	L	Martin Håkansson
18.15 - 19.10	GyXStång	S	Stina Adielsson
18.15 - 19.10	DansAer(f)	C	Jenny Malmqvist
18.30 - 19.25	Afro	M	Kristina Wenzelberg
19.00 - 19.55	SpinIntensiv	L	Eva Terbrant
19.15 - 20.10	PulsGy	S	Martin Håkansson
19.15 - 20.10	RyStång	C	Gun Lauritzson
19.30 - 20.25	StyYoga	M	Josefine Terdén
20.15 - 21.10	IntStång	S	Jimmy Karavas
20.15 - 21.10	AerBas	C	Lars Rasch
20.30 - 21.25	Box	M	Anna Björklund

## FRIDAY

GYM OPEN HOURS: 07.00-20.00

07.15 - 08.00	GyStång	S	Marie Englesson-Lind
07.45 - 08.40	Pilates	M	Åsa Rippe
07.45 - 08.40	StyYoga	C	Cheryl Sjöström
09.30 - 10.40	StepSty	M	Malin Andersén
11.00 - 11.55	BasGyStång	S	Helene Tännander
11.15 - 12.00	RyStång	M	Nadia Haffajee-Krysell
11.15 - 12.00	Afro	C	Malin Andersén
12.15 - 13.10	GyXStång	S	Stefan Emanuelsson
12.15 - 13.10	Step(f)	C	Frode Thorsén
12.15 - 13.10	SpinSty	L	Helene Tännander
15.00 - 15.55	GyStång	S	Lotta Westerlund
15.00 - 15.55	Aer	C	Åsa Danmyr
16.00 - 17.30	StyGy	S	Anna Björklund
16.00 - 16.55	Ry	C	Martin Håkansson
16.15 - 17.10	GyStång	M	Lina Hermansson
16.15 - 17.10	Spin	L	Nicklaz Duncanson Höst
17.00 - 17.55	Aer(f)	C	Ella Krizanac
17.15 - 18.10	BoxInt	M	Jimmy Karavas
17.30 - 18.25	Gy	S	Andreas Olsson
17.30 - 18.25	Spin	L	Carl Sjökvist
18.00 - 18.55	Step	C	Josefine Bunke
18.30 - 19.25	IntStång	S	Rickard Johansson

## SATURDAY

GYM OPEN HOURS: 08.30-17.00

09.00 - 09.55	Fam 2-5år	S	Pedra Volde / Martin Håkansson
09.00 - 09.55	GyStång	M	Helena Bladh
10.00 - 10.55	Fam 2-5år	S	Pedra Volde / Martin Håkansson
10.00 - 10.55	Step	M	Helena Skarin
10.00 - 10.55	Spin	L	Karolina Frisk
10.15 - 11.10	Ry	C	Elna Hallgard / Görel Vilén
11.00 - 11.55	Fam 5-7år	S	Pedra Volde / Martin Håkansson
11.15 - 12.10	Pilates	M	Ledarpool
11.15 - 12.10	Aer	C	Pernilla Bergström
12.15 - 13.10	AerBas	C	Anna Sandström
14.00 - 14.55	GyStång	S	Joakim Einarsson
14.00 - 14.55	Afro	M	Josefine Terdén
15.00 - 15.55	IntStång	S	Jimmy Karavas
15.00 - 15.55	StyYogaBas	M	Josefine Terdén
15.15 - 16.25	StepSty	C	Siri Nordén
15.30 - 16.25	Spin	L	Emma Nilson
16.00 - 17.10	GyCStång	S	Johan Axelsson
16.00 - 16.55	Box	M	Rickard Johansson / Alexander Lindahl

## SUNDAY

GYM OPEN HOURS: 09.30-20.00

10.00 - 10.55	Gy	S	Annika Darinder
10.00 - 11.10	StyYoga	C	Linda Sjöholm
11.00 - 11.55	RyStång	M	Annika Darinder
11.00 - 11.55	Spin	L	Arne Berge
12.15 - 13.10	Step(f)	C	Ella Krizanac
14.00 - 14.55	GyStång	S	Annika Haglund
15.00 - 15.55	Aer	C	Maria Johansson
15.30 - 16.25	GyXStång	S	Christian Björnsson
16.00 - 16.55	Step	C	Julia Minoia
16.45 - 17.05	SpinIntro	L	Christian Björnsson (tom v 8)
17.00 - 17.55	PulsGy	S	Marie Englesson-Lind
17.00 - 17.55	Box	M	Lina Hermansson
17.00 - 17.55	VäBa	C	Agnetta Carlberg
17.15 - 18.10	Spin	L	Christian Björnsson
18.00 - 18.55	Alp	S	Andreas Olsson
18.00 - 18.55	Afro	M	Linnea Wahlgren
18.00 - 18.55	StyAer	C	Lina Sandberg
18.30 - 19.50	SpinDistans	L	Lotta Bohlin
19.00 - 19.55	GyStång	S	Gunilla Toth
19.00 - 19.55	StepBas	M	Sara Öhlund
19.00 - 19.55	Funk	C	Ylva Falk

S Stora salen C Centrumsalen M Mellansalen L Lilla salen DG Damgymmet

The Springschedule is valid 090112-090426, Thereafter some reduction in schedule 090427-090531. Easterschedule 090409-090413.

## SHORTENINGS (SEE EXPLANATIONS IN ENGLISH AT THE BACK OF THE SCHEDULE)

Aer	=	aerobic	GyCStång	=	gympa med stång & cirkelträning
Alp	=	alpingympa	GyStång	=	gympa med stång
Bas	=	enkel & grundläggande	GyXStång	=	GyStång med extra stångträning
BasGyStång	=	basgympa med stång	GyuhStång	=	gympa utan hopp med stång
Box	=	boxningsinspirerad träning	IntStång	=	intensivgympa med stång
BoxInt	=	intensiv box	K-Kraft	=	kvinnokraft, gympa för kvinnor över ca 40 år
DansAer(f)	=	dansinspirerad aerobic	LatinAer	=	aerobic med inslag av latinsk dans
(f)	=	fortsättningsgrupp	MaBa	=	mamma- och babygympa
Fam	=	familjgympa	PulsAer	=	puls aerobic
GrabbGy	=	grabbgympa	PulsGy	=	puls gympa
GruppSty*	=	gruppsstyrka i gym	RehabGy	=	rehabiliteringsinriktad gympa
Gy	=	gympa	Ry	=	rygggympa

RyStång	=	rygggympa med stång
Senior-Spin	=	för de över 55 år spinning
SpinBas	=	grundläggande spinning
SpinDistans	=	spinning i distans träningsform
SpinIntensiv	=	spinning i intensiv tempo
SpinSty	=	spinning med styrke träning
StepSty	=	step med betoning på styrka
StyAer	=	aerobic med betoning på styrka
StyGy	=	styrkegympa
StyYoga	=	styrkeyoga
VäBa	=	väntabarympa
*	=	styrke tillägg eller årskort krävs



## GYMPA

All around workout in a group with focus on strength, cardio, and flexibility. A lot of Gerdahallen's activities are based on gympa.

**Alpingympa (Alp)** Very intensive workout, with heavy movements. You need to be in good shape.

**Basgympa med stång (BasGyStång)** Simple all around gympa that give good results. We focus on controlling the movements. Use of power bars, but no heavy jumps.

**Familjegympa (Fam)** For children and their parents. Based on the terms and ability of the child, the adults are there to help and support.

**Grabbgympa (GrabbGy)** Gympa for men between 18 and 85. Simple yet effective, we also use power bars and dumbbells.

**Gympa (Gy)** Gympa is an all around workout that meets the demands of a healthy exercise. We practice cardio, strength and flexibility in tune with great music.

**Gympa med cirkelträning och stång (GyCStång)** Gympa with power bars combined with circuit training.

**Gympa med stång (GyStång)** Gympa with power bars on a medium intensity level.

**Gympa med stång 30 (GyStång30)** Gympa with power bars on a medium intensity level for 30 minutes only.

**Gympa extra stång (GyXStång)** Gympa with power bars on a medium intensity level. In this class we use powerbars more extensively.

**Gympa utan hopp med stång (GyuhStång)** Same intensity as Gympa, no jumps, but with power bars.

**Intensivgympa med stång (IntStång)** Intensive Gympa with power bars.

**Kvinnokraft (K-Kraft)** Comfortable Gympa for women 40 and up. Strength training with power bars.

**Mamma och baby-gympa (MaBa)** Gympa for women who just gave birth. Babies up to 1 year old are welcome.

**Rehabiliteringsgympa (RehabGy)** Very low intense Gympa, that's focused on rehabilitation from injury or illness. This class is held by our own physiotherapist.

**Rygggympa (Ry, RyStång)** Low intense Gympa, especially good for your back, since there are no jumps or running. Good for less fit individuals or if you want a low intense workout. We also offer this class with power bars.

**Seniorgympa (SeniorGy)** All around Gympa for individuals 55 and over.

**Styrkegympa (StyGy)** Very intense workout that starts with gympa followed by power bars and ends with an extensive circuit training.

**Väntabarngympa (VäBa)** This class is designed for pregnant women and their babies.

## SPINNING

Group training on bicycles, led by instructor. This is first and foremost a cardiovascular form of exercise.

**SpinningBas** Cycling at moderate intensity.

**Spinning** Cycling at high intensity level.

**SpinningDistans** Cycling on an even level for a long period of time. It's similar to cycling on the road.

**SpinningIntensiv** An intense class, with both long and short intervals. Good for fit individuals.

**SpinningIntro** Spinning introduction for beginners. Only sundays until 12 oct.

**SpinningStyrka** Spinning mixed with strength training using power bars, x-ertubes and your own body.

**Limited amount!** To participate you need 'Spinning' or 'One Year' membership card. The reception desk hand out the tickets 20 minutes before the class starts, so please get one to ensure your place.

## POWERYOGA

Yoga workout with strength training.

**StyrkeYoga (StyYoga, StyYoga (f), SeniorYoga)**

Yoga workout focusing on posture, strength, balance and flexibility. Breath awareness, mental focusing and relaxation is also part of this class. Senior Yoga for 55 and up.

**StyrkeYogaBas (StyYogaBas)** This is an introduction class and is recommended for beginners.

## AEROBIC

Dance inspired class focused on coordination, but also strength, flexibility and cardio

**Aerobic (Aer)** Effective workout with various step combinations.

**Bas** These classes are good for beginners or individuals that likes easier step combinations.

**DansAerobic (DansAer(f))** A dance inspired aerobics class, with more challenging choreography, some jumps, but no strength training.

**Fortsättningsgrupp (f)** we have advanced classes in Aerobic and Step.

**Funk** Dance inspired aerobic to funk and hip-hop music.

**LatinAerobic (LatinAer)** Aerobics to Latin moves and music.

**Step** A step training class that alternates between basic and more challenging choreography for an effective workout.

**StyrkeAerobic (StyAer)** Aerobics with focus on strength training.

**StepStyrka (StepSty)** A 70 minutes long class of step with focus on strength training.

## BOX

Training inspired by boxing. Bring your own gloves, we only have a few to borrow.

**Box** A workout inspired by boxing and other types of martial arts where you workout in pairs. Pretty intense class.

**BoxBas** Box with focus on basic technique. Good for beginners, but also if you'd like to develop your own personal technique.

**BoxIntensiv (BoxInt)** We use the same technique as in BoxBas, but workout at a higher intensity. **-Bring your own gloves, we only have a few to borrow.**

## PILATES

Group workout with focus on strength and flexibility of your core muscles. Right breathing, balance and perseverance are important.

## AFRO

In this class we mix dance and workout, with big simple movements to the rhythm of drums. It's a strenuous dance with a lot of motion.

## GYM

At Gerdahallen you will find the very best and latest equipment in the weight lifting area. We have about 170 different weight lifting machines from Human Sports Cybex, Nordic Gym and TechnoGym, just to name a few. In the large gym you will find free weights in all sizes and various international power bars, dumbbells etc.

We have Smith-machines, Power-racks and different weight benches. For cardiovascular workout we have elliptical, treadmills, bikes, stair climbers and rowers.

**Gruppträning i gym (GruppSty & SeniorSty)**

Group workout in the gym with an instructor. Warm-up, strength training and movement training are done together. Please see schedule for times.

**Seniorstyrka** is group organized strength training for adults 55 and up. You need 'Gym'- or 'One Year' membership card to participate.

## GYMINSTRUCTOR

If you have a 'Gym'- or 'One Year' membership card, you have free access to an instructor. If you need an instruction daytime mon-fri, please contact the reception for booking. After 4 and during weekends, booking is not necessary. The instructor can educate you on how to use our machines and make a personal workout programme based on your individual needs. All our instructors have extensive education.

## GYM FOR WOMEN

There's a special gym here at Gerdahallen, where only women have access. Also here, we have a number of selected workout machines, like treadmills, bike, climbers and dumbbells. Obviously, you have access to an instructor here too.

## PHYSIOTHERAPY/REHABILITATION

Physiotherapy/Rehabilitation- individual treatment, training and guidance by physiotherapist. To schedule time, please talk to the reception desk. You do not need a prescription. Patients with FYSS/FAR prescription. Rehabilitation groups with focus on various problems. Responsible for senior strength training.

## TEST, TRAINING GUIDANCE & MASSAGE

Cardiovascular fitness test, training guidance, massage and aerobics for kids. For information and to sign up, please talk to the reception desk.

## TENNIS

Tennis rates, subscriptions and classes. For prizes, information and to sign up, please talk to the reception desk.

**GERDAHALLEN**  
Sveriges ledande träningscenter

