

**STRONGER  
LONGER  
LEANER  
HAPPIER**



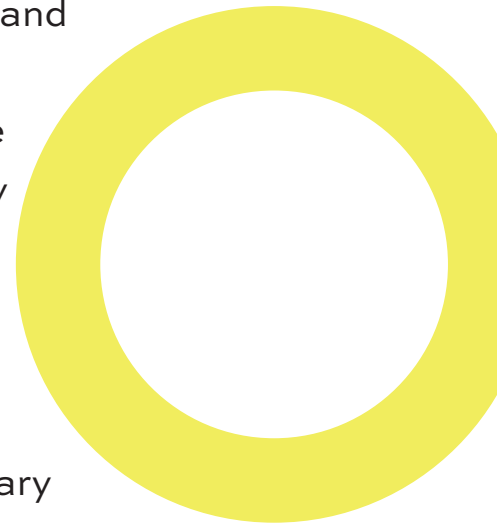
Legendary workout for **EVERYBODY**

- ▶ **90 CLASSES A WEEK**
- ▶ **7 CLASS FORMATS**
- ▶ **BEGINNER, INTERMEDIATE  
& ADVANCED**
- ▶ **AVAILABLE IN STUDIO**

## WHAT IS PHYSIQUE 57?

Physique 57 is India's first barre-based workout, designed to target full-body muscle endurance in every class.

For fitness novices and professional athletes alike, our classes are designed to sculpt muscle, burn fat and transform your entire body. Offered in a group class or private training format, our low impact yet high-intensity workout incorporates our scientifically proven method, 'Interval Overload' by blending cardio, strength training, stretching and recovery to improve your endurance and boost your metabolism. Implementing a ballet barre as our primary apparatus, we use light weights, bands, or our own body weight for resistance and combine principles from functional training, aerobics, high intensity interval training (HIIT), pilates and yoga. This innovative combination forms our very own proprietary technique, lauded by physicians globally as one of the most premium, effective, safe and sustainable ways to get and stay in shape.



No two workouts will ever be the same, leading to healthy muscle confusion which gives you those results... fast.

Our trainer team is certified over 3 months to put them at the top of their game and ensure that they are equipped to account for any modifications required.

# MOVE WITH PURPOSE



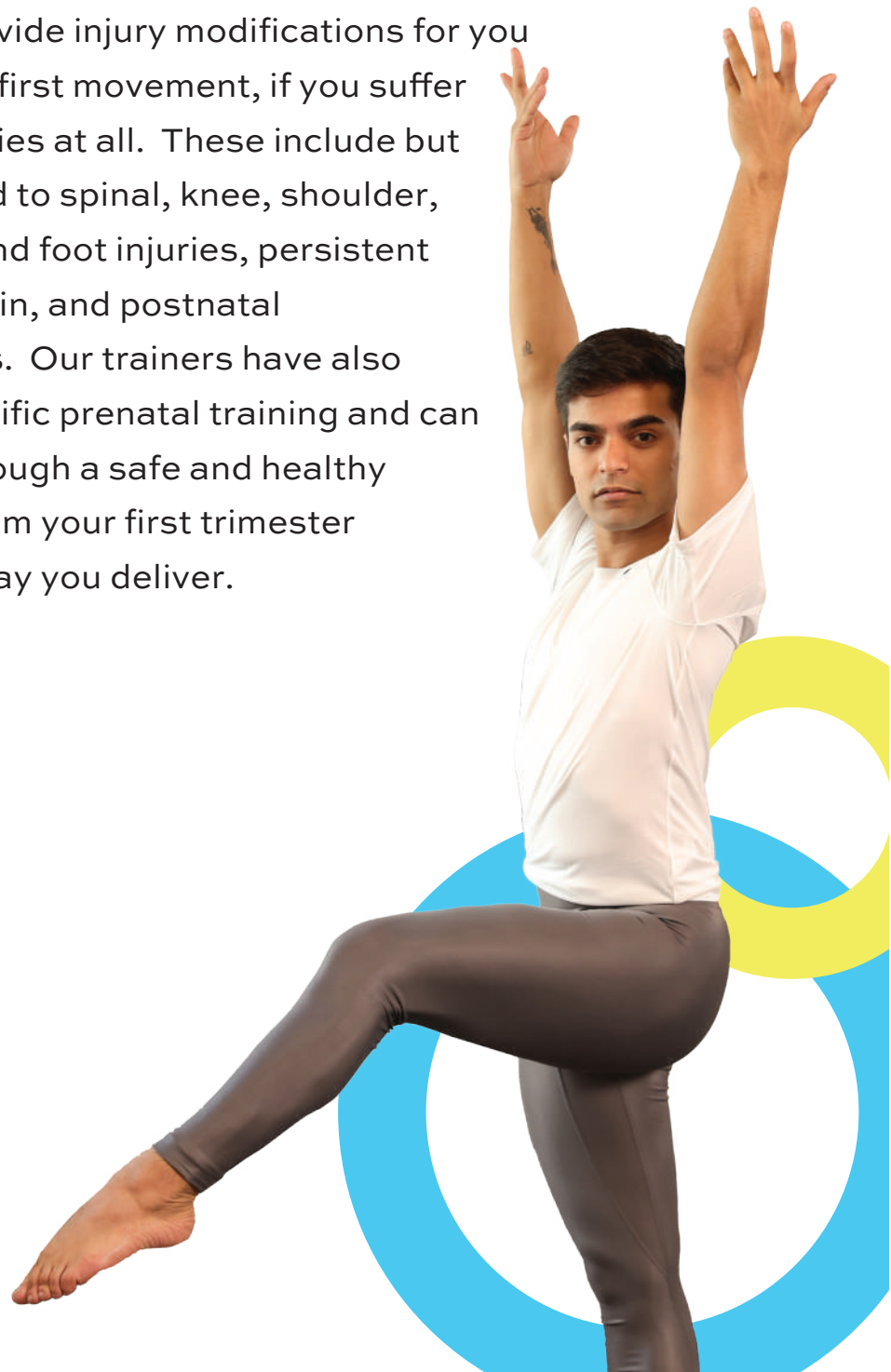
## **WHAT IS INTERVAL OVERLOAD?**

Interval Overload describes a combination of high intensity interval training and muscle overload. With our interval training sets, we use your body's own weight, very light weights, and exercise bands as resistance to target and overload the muscles to the point of fatigue, then stretch them immediately for relief throughout the course of the class. Each class combines the best of proven interval training techniques, then kicks their effectiveness up a notch to create long, lean muscles.

# MOVE WITH PURPOSE

## WHAT TO EXPECT IN A PHYSIQUE 57 CLASS?

The workout is guided through audio and visual cues from a highly qualified trainer in our method, to provide a personal training experience within a group class setting. They offer muscle defining arm exercises, intense thigh and glute sequences and waist chiseling ab moves with fluid stretches in between. They learn your name immediately, get to know your fitness goals, and are expertly trained to provide injury modifications for you from the very first movement, if you suffer from any injuries at all. These include but are not limited to spinal, knee, shoulder, wrist, ankle and foot injuries, persistent lower back pain, and postnatal complications. Our trainers have also received specific prenatal training and can guide you through a safe and healthy pregnancy from your first trimester through the day you deliver.



# CLASS LEVELS & FORMATS

## WE MEET YOU WHERE YOU ARE IN YOUR FITNESS JOURNEY.

We offer classes from beginner to advanced, each structured to maximize every minute and every move with our unique choreography and expert trainers. Choose from signature barre classes, mat pilates, HIIT, back body focus and recovery to get a perfectly balanced fitness experience.

## ABOUT OUR CLASSES

### BARRE 57

Our fundamental-level barre burn! This format teaches you everything you need to know about our signature barre moves and introduces you to our incredibly unique and incredibly effective 'Interval Overload' method.

### CARDIO BARRE

Achieve next-level results with more intense strength training variations and higher reps. You'll increase cardiovascular endurance and tone every muscle group from head to toe.

### AMPED UP!

Amped Up! Is our most advanced barre format workout. It is a fast-paced, high-intensity class that will always keep you and your muscles guessing. At this level, our trainers introduce themes to jazz up the choreography and keep things

# CLASS LEVELS & FORMATS

interesting. Inner thigh fry? Yes! Arms and Abs? We got it! Rep Fest? Bring it on! Each session is designed using the most effective sweat-infused, calorie-scorching, and body-toning sequences in our recipe book!

## BACK BODY BLAZE

We've got your back in this class – literally! Back Body Sculpt targets your triceps, glutes and back to strengthen your most neglected muscle groups. This non-stop, intermediate level workout will have you looking and feeling amazing. So grab some weights, dial up your motivation and get ready to put your back into it!

## HIIT

We've "Physique-ified" jumping jacks, lunges, and planks into non-stop, heart-pumping sprints. Intense cardio paired with strength training keeps your metabolism and endorphins on high. This 45-minute intermediate workout is all fire. Get ready to sweat and boost that heart rate.

## MAT

This class takes our best sculpting techniques down to the floor, pilates-style! Improve your posture and tone your core with these radical, ab-blasting workouts. Choose this format to work on balance, alignment and flexibility - it's fiery and fabulous!

# CLASS LEVELS & FORMATS

## RECOVERY

Rejuvenate with our total body Recovery class. This stretch session will deeply relax you while optimizing muscle strength, symmetry, and recovery. The trainer will gently guide you through this 30-minute class. Whether you are looking to increase flexibility, or simply want a restorative session for days off, this class is the perfect choice. Press pause, breathe, relax your body and mind and let the stress go.

## FOUNDATIONS

Welcome to Foundations, a slower, more mindful version of our signature Barre 57 class, where your trainer breaks down each exercise, step-by-step. Expect less variations that will allow you to focus more on the moves you do, therefore emphasizing quality over quantity. Ideal for anyone who is brand new to Barre (or even brand new to physical exercise) and who is looking to build strength and muscle, Foundations will help you to focus deeply on alignment while you sculpt, tone, and do light cardio.



# CLASS LEVELS & FORMATS

## PRENATAL

Moms-to-be in all trimesters and of all experience levels can take Physique 57 classes. We have specifically -designed strength and endurance modifications that make up what has been voted as “NYC’s best prenatal workout!” You will learn the how’s and why’s of the postures and movements that will prepare you for labor and delivery while instantly leaving you feeling strong, supple, healthy, and invigorated.

In addition to learning all of the variations that can be applied to regular Physique 57 classes during your pregnancy, we will teach you the key exercises and mindful movements for you to implement in the weeks immediately following childbirth to ensure a quicker, optimal recovery.





# CLASS LEVELS & FORMATS



## PRIVATE CLASSES

At Physique 57, we want to help you achieve your best fitness results yet! If you are a more private person, we offer 1-on-1 classes!

Here's why our private classes are perfect for you:

- On your time
- Creative formats that help you stay engaged
- Constant challenges to ensure you never plateau
- Personalized coaching to boost results

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