

NATIONAL REGISTRY OF EXERCISE PROFESSIONALS

Registration Categories

S/N.	Class Name/Type Examples of various class/activity names/types that make up the NREP Categories. Please note these are non exhaustive and are intended to serve as a guide. If you have queries, reach out to NREP@sport.gov.sg	NREP Categories These are the categories that Exercise Professionals can choose in SportSync when registering in the NREP
1	Aqua Aerobics	Aqua Fitness
2	Aqua Spinning	Aqua Fitness
3	Aquafit	Aqua Fitness
4	Aqua Tabata	Aqua Fitness
5	Fitness Aqua	Aqua Fitness
6	Bokwa	Dance Fitness
7	Barre	Dance Fitness
8	Bbarreless	Dance Fitness
9	Belly Dance	Dance Fitness
10	Body Jam (Les Mills)	Dance Fitness
11	Bolly Dazz Fitness	Dance Fitness
12	Bollyrobics	Dance Fitness
13	Bollywood Fitness	Dance Fitness
14	Cardio Dance	Dance Fitness
15	Cardio HipHop	Dance Fitness
16	Dance Calisthenics	Dance Fitness
17	Dance Cardio	Dance Fitness
18	Dance Fitness	Dance Fitness
19	Dance Workout	Dance Fitness
20	FunkBlitz	Dance Fitness
21	Jazz	Dance Fitness
22	Kids Dance Fitness	Dance Fitness
23	K-Kardio Dance	Dance Fitness
24	Kpop	Dance Fitness
25	Kpop Fitness	Dance Fitness
26	Kpopx	Dance Fitness
27	Line Dance	Dance Fitness
28	Masala Bhangra	Dance Fitness
29	Megadanz	Dance Fitness
30	Salsation	Dance Fitness
31	Sh'Bam (Les Mills)	Dance Fitness
32	Sing & Dance	Dance Fitness
33	U-Jam Fitness	Dance Fitness
34	Zumba	Dance Fitness
35	Zumba Dance	Dance Fitness
36	Zumba Fitness	Dance Fitness
37	Zumba Gold	Dance Fitness
38	Abs, Buns and Thighs	HIIT, Bootcamp, Circuit

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39	Aerobics	HIIT, Bootcamp, Circuit
40	Back, Neck & Shoulder	HIIT, Bootcamp, Circuit
41	Body Attack (Les Mills)	HIIT, Bootcamp, Circuit
42	Body Fit Training (BFT)	HIIT, Bootcamp, Circuit
43	Body Pump	HIIT, Bootcamp, Circuit
44	Body Pump (Les Mills)	HIIT, Bootcamp, Circuit
45	Body Sculpt	HIIT, Bootcamp, Circuit
46	Body Step (Les Mills)	HIIT, Bootcamp, Circuit
47	Body weight Training	HIIT, Bootcamp, Circuit
48	BodyArt	HIIT, Bootcamp, Circuit
49	Boogie Bounce	HIIT, Bootcamp, Circuit
50	Calisthenics	HIIT, Bootcamp, Circuit
51	Cardio	HIIT, Bootcamp, Circuit
52	Cardio Fitness	HIIT, Bootcamp, Circuit
53	Cardio HIIT	HIIT, Bootcamp, Circuit
54	Cardio Interval	HIIT, Bootcamp, Circuit
55	Cardio Sculpt	HIIT, Bootcamp, Circuit
56	Cardio Toning	HIIT, Bootcamp, Circuit
57	Cardiomix	HIIT, Bootcamp, Circuit
58	Circuit	HIIT, Bootcamp, Circuit
59	Core	HIIT, Bootcamp, Circuit
60	Core (Les Mills)	HIIT, Bootcamp, Circuit
61	Core Conditioning	HIIT, Bootcamp, Circuit
62	Core Strengthening	HIIT, Bootcamp, Circuit
63	Crossfit	HIIT, Bootcamp, Circuit
64	Energy Sculpt	HIIT, Bootcamp, Circuit
65	Fitness	HIIT, Bootcamp, Circuit
66	Fitness & Wellness	HIIT, Bootcamp, Circuit
67	Fitness and Wellness	HIIT, Bootcamp, Circuit
68	Fitness Workout	HIIT, Bootcamp, Circuit
69	Full body Conditioning	HIIT, Bootcamp, Circuit
70	Functional	HIIT, Bootcamp, Circuit
71	Functional Fitness	HIIT, Bootcamp, Circuit
72	Functional Training (F45)	HIIT, Bootcamp, Circuit
73	Grit (Les Mills)	HIIT, Bootcamp, Circuit
74	HIIT	HIIT, Bootcamp, Circuit
75	HIIT Full body	HIIT, Bootcamp, Circuit
76	Lower Body Conditioning	HIIT, Bootcamp, Circuit
77	Music and Movements	HIIT, Bootcamp, Circuit
78	Piloxing	HIIT, Bootcamp, Circuit
79	Piloxing Barre	HIIT, Bootcamp, Circuit
80	Piloxing KnockOut	HIIT, Bootcamp, Circuit
81	Piloxing KO	HIIT, Bootcamp, Circuit
82	Piloxing SS	HIIT, Bootcamp, Circuit
83	Piloxing SSP	HIIT, Bootcamp, Circuit

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84	Pound (fitness by drums)	HIIT, Bootcamp, Circuit
85	Rebounding	HIIT, Bootcamp, Circuit
86	Fitness Bootcamp	HIIT, Bootcamp, Circuit
87	Reshape	HIIT, Bootcamp, Circuit
88	Resistance Band Exercises	HIIT, Bootcamp, Circuit
89	Sculpt	HIIT, Bootcamp, Circuit
90	Step Aerobics	HIIT, Bootcamp, Circuit
91	Strength	HIIT, Bootcamp, Circuit
92	Strength Conditioning	HIIT, Bootcamp, Circuit
93	Fitball	HIIT, Bootcamp, Circuit
94	Kebayarobics	HIIT, Bootcamp, Circuit
95	Strength Training	HIIT, Bootcamp, Circuit
96	Strengthening	HIIT, Bootcamp, Circuit
97	Stretch	HIIT, Bootcamp, Circuit
98	Stretchband	HIIT, Bootcamp, Circuit
99	StretchFit	HIIT, Bootcamp, Circuit
100	STRONG Nation	HIIT, Bootcamp, Circuit
101	Tabata	HIIT, Bootcamp, Circuit
102	Tone (Les Mills)	HIIT, Bootcamp, Circuit
103	Toning	HIIT, Bootcamp, Circuit
104	Trampoline	HIIT, Bootcamp, Circuit
105	TripleC	HIIT, Bootcamp, Circuit
106	Walking	HIIT, Bootcamp, Circuit
107	Weight Training	HIIT, Bootcamp, Circuit
108	Workout	HIIT, Bootcamp, Circuit
109	Xtreme Bootcamp	HIIT, Bootcamp, Circuit
110	Body Combat	Martial Arts & Combat
111	Body Combat (Les Mills)	Martial Arts & Combat
112	Cardio Kickboxing	Martial Arts & Combat
113	Cardiobox	Martial Arts & Combat
114	Fascial Kickbox Abs	Martial Arts & Combat
115	Fight-Do	Martial Arts & Combat
116	HIIT Kickbox	Martial Arts & Combat
117	MMA Inspired Workout	Martial Arts & Combat
118	Muay Aerobox	Martial Arts & Combat
119	Muay Thai HIIT	Martial Arts & Combat
120	Martial Arts Fitness HIIT	Martial Arts & Combat
121	Mixed Martial Arts Fitness/HIIT	Martial Arts & Combat
122	Any martial arts inspired fitness and exercise workout	Martial Arts & Combat
123	Animal Flow	Mind & Body
124	Deep Stretch & Flow	Mind & Body

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125	Detox Flow	Mind & Body
126	Body Balance (Les Mills)	Mind & Body
127	Aerial Conditioning	Mind & Body
128	Align & Center Yoga	Mind & Body
129	Circl Mobility	Mind & Body
130	Hatha Basic	Mind & Body
131	Hatha Flow	Mind & Body
132	Hatha Vinyasa	Mind & Body
133	Hatha Yoga	Mind & Body
134	Nirvana Fitness	Mind & Body
135	Pilates	Mind & Body
136	POP Pilates	Mind & Body
137	Postnatal Exercise	Mind & Body
138	Power Yoga	Mind & Body
139	Sound Therapy	Mind & Body
140	Sun Series	Mind & Body
141	Vinyasa	Mind & Body
142	Vinyasa Hiit Yoga	Mind & Body
143	Vinyasa Yoga	Mind & Body
144	Yoga	Mind & Body
145	Yoga Hiit	Mind & Body
146	Yogilates	Mind & Body
147	Personal Training	Strength & Conditioning
148	Indoor Cycling	Static Cycling
149	RPM (Les Mills)	Static Cycling
150	Sprint (Les Mills)	Static Cycling
151	The Trip (Les Mills)	Static Cycling

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