

**Abs, Core & Balance-** Focus on Abdominal strength and stability with exercises to improve and maintain alignment in 30 minutes. Improve your core stability and sculpt your abs.

**Barre-** 45 minutes of a no/low impact total body workout. By using body weight and light weights in a very high rep range, muscular endurance is developed, giving the muscles the ability to work for a sustained period of time. Barre also improves overall strength, core strength, balance, stability and flexibility. This class is fun, upbeat and anyone can do it!

**Bootcamp-** 45-minutes of fun and calorie blast. This specific style targets a total body workout, are usually high energy/motivating, is for beginners or advanced, along with many other benefits. Our bootcamp class is the perfect opportunity to have fun while also getting in a great workout.

**Cardio party-** Multiple cardio styles, including Zumba, kickboxing, pound, line dances and step aerobics. There is something for everyone, anyone can do it, and it's a guaranteed calorie torcher. Come for the fun stay for the 45-minute workout.

**Cardio Kickboxing-** Kickboxing is a great way to build strength, cardio endurance and work up a great sweat! This 45-minute intense, high impact class will get your heart rate up, burn body fat and teach the basics of combat. Kickboxing is great for weight loss, increasing focus and concentration, building confidence and relieving stress and rage.

**HIIT-** 45 minutes of High Intensity Interval Training. HIIT can be used in many forms, by itself as a class, in cycle, kickboxing, etc. Benefits to HIIT is that you can burn many calories in a short amount of time, improvement in aerobic and anaerobic performances and many others. This class is a good way to get the heart rate up and keep it up for short periods of time to help improve your oxygen consumption.

**Lift/ Strength Circuit-** A rigorous 45-minute class designed to breakthrough plateaus and promote on muscular strength and endurance. Each workout can utilize weight plates, barbells, resistance bands, and steps combined with bodyweight exercises to create compound and isolation exercises to get you lean, toned, and fit. We welcome all fitness levels.

**Spinning/Studio Cycle-** Spinning is a group indoor cycling, training, and conditioning class. Rides can focus on Endurance, Strength, and Interval training including HIIT training with seated or standing climbs, sprinting, and jumps. It is designed to work and tone all muscle groups and burn fat. It is a 45-minute low impact class and is great cardiovascular training. It is energetic and combines a foundation for basic cycling movements, motivational coaching techniques, and breathing awareness.

**Zumba-** It's a dance Party! Zumba takes you away from the daily grind it is a great way to relieve stress. Dancing for 45 minutes is great for weight loss; it is a powerful exercise with a big calorie burn, tones your entire body because it targets lots of different muscle groups at one time, and boosts your heart health. Repeated practice improves coordination and helps you feel more comfortable moving your body.

**Gentle Yoga-** A 45-minute gentle yoga class incorporates flexibility, functional movement and mobility using breathing and alignment-focused cues designed to help improve your flexibility and balance. All yogi levels welcomed!