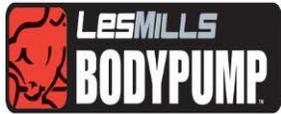




The class that started the dance-fitness revolution and changed the way we look at a “workout” forever. It’s fun, effective and best of all—it’s for everyone.  
Exercise in disguise! (55 min.)



The original barbell class that strengthens your entire body. This workout challenges all major muscle groups by using the best weight-room exercises like squats, presses, lefts and curls. Get the results you came for—and fast! (55 min.)



Athletic based workout that gives you everything you need/want in cardio, strength, core and flexibility. (45 min.)



The sports-inspired cardio workout for building strength and stamina. This high energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals. (55 min.)



Resistance. Interval. Power. Plyometric. Endurance. Diet. This class offers high cardio, weight training and mixed martial arts, forming a non-plateau, high intensity workout. (55 min.)

### **Booty&Biceps**

Very similar to boot camp class with strong focus on booty and biceps! All fitness levels are welcome. This class uses the HIIT method (High Intensity Interval Training) for cardio and strength. Instructor will offer modifications to meet individual needs. (55 min.)



Very similar to boot camp style classes but don’t let the name intimidate you—all fitness levels are welcome! This class uses the HIIT (high intensity interval training) method for cardio and strenght. Instructor will modify skills to meet individual needs. (45 min.)



This fitness class is designed for EVERYONE who wants to improve their health with little to no impact on bones and joints. Enjoy great cardio, strength training and stretching. (55 min.)



This workout builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. (30min)



This class combines body weight, muscle conditioning, cardio and plyometric training to original moves synced to original music that has been scientifically designed to match every single move. Every squat, lunge and burpee is driven by the music helping you make it to that last rep! (55 min)

### **BUTTS, GUTS & UPPER CUTS**

This workout will focus on—you guessed it! Instructor keeps it fresh to help you reach your fitness goals.