

We offer Low Affordable Classes!

CLASSES ARE DESIGNED TO MEET THE NEEDS OF YOUR COMMUNITY CENTER, BUSINESS, CHURCH OR SCHOOL FOR BOTH MEN AND WOMEN!!

YOU SUPPLY THE GROUP AND LOCATION; WE CREATE THE PROGRAM AND COME TO YOU!!

CHOOSE FROM:

Low Impact Cardio- *Low intensity exercises that raises the heart rate while causing minimal stress to the joints.*

Bodied Boot Camp - *Designed to burn body fat using resistance exercise combined with cardio.*

Bombshell Bridal Boot Camp- *Designed to get brides, bridesmaids or any wedding attendee in the best shape possible for the big day!*

Cardio Kickboxing - *Incorporates punching and kicking techniques, as well as cardio and core exercises for a complete head and toe workout.*

Cardio Dance Party - *Feel the music, move your body and have fun while toning muscles, and losing unwanted pounds. You will forget that you are exercising.*

Gospel Music Workouts - *Exercises that uses gospel music, spiritual encouragement and motivation during the routine, Sweat in the spirit!*

Nutritious Eating Food For Thought Discussions One On One Training/Coaching.

Specialty Workout Programs - *Designed for younger and older people, and people with special needs.*

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