

# Class Style Description

## Mobility Stretch & Flow

50 minutes of low impact, slow movement that focuses on stretching out the body and increasing our mobility. Think of a cool down flow with lots of breathing and stretching throughout.

---

## TRX & KB Strength

50 minute workout using the TRX - resistance training system and Kettlebells. Build strength and endurance throughout the body using added weight and our own body resistance with these fun types of equipment. Get a full body workout and a great sweat!

---

## Full Body Power

50 minute high intensity workout that focuses on powerful and explosive movements. Using dumbbells, kettlebells, battle ropes, balls and boxes, you will get a fantastic full body workout and increase your overall strength and power. All while having fun throwing things around ;)

---

## Full Body Strength

50 minute workout that focuses on the fundamental movements of the body, adding resistance with weights, to create an overload to the muscles. This class will help with building strength and tightening the body to keep us fit, strong and active for the longterm. This is a lower impact, strength focused class.

---

## Strength & Sweat

50 minute high intensity workout. This is your typical full body strength & HIIT style class. Using a variety of equipment this class is a combination of strength work with sections of cardio mixed in. Short bursts of high intensity cardio driven moves to get the HR up, and strength to focus on building and toning the muscles.

---