



CLASS DESCRIPTIONS

Total Body Conditioning (TBC): This class is guaranteed to blast the calories away! We want to keep you guessing and challenge you differently in every class using a variety of equipment including, kettlebells, weights, bands, bars and more.

Glutes, Guts, and Guns: Increase lean muscle, decrease body fat, build strength, and add definition, increase bone density and speed up your metabolism in this resistance-based class. Use a variety of equipment to change the shape of your body. Welcome to the Glutes, Guts, Guns show!

Spin + Core: Train like an athlete, ride like a racer and find your inner competitor with this low impact / high intensity workout. Let the driving beat of the music take you on a ride guaranteed to make you sweat and inspired to come back for more! Finish your class off with a core burnout that will leave you struggling to laugh the next day!

Yoga: Stretch your body, mind, and spirit! Yoga will increase flexibility, strength and relaxation. Movements are smooth, flowing and physically exhilarating, helping you improve energy flow throughout your body. Release negative energy and improve positive flow!

Dance X: Dance-X is a Zumba-inspired dance class that incorporates easy-to-follow moves to top hit songs! Dance-X focuses on muscle toning, interval training, and endurance capacity, while following choreographed dances. Come out and show us your moves while getting fit!

Kickboxing: Kick and punch your stresses away. Learn punch and kick technique and kickboxing combinations to develop your kickboxing skills while increasing your heart rate and getting a sweat on. No kickboxing or boxing experience is required.