CLASS DESCRIPTIONS

SPINNING
**SPINNING:** Looking to get your heart pumping without having to get on a treadmill? We’ve got the workout for you! Spinning includes a variety of seated and standing drills to take your cardio to the next level! Simulate outdoor cycling and climb hills, sprints, and more!

DANCE
**Aerobic Dance:** Looking for a pick me up workout? Aerobic Dance is the class for you! This 50 minute dance class will have you grooving to the beat and burning calories at the same time!
**Ballet:** This 50 minute class is filled with classical dance technique and discipline. Get lost in the poise and elaborate movements!
**Hip-Hop Dance:** This cardio infused dance class will have you dancing to the beat of the latest music trends. Watch out, mood lifting is a side effect!
**LabLAST:** Get ready to BLAST away those calories and move your body! This cardio dance class will have you toned and inspired in no time!
**Modern Dance:** This 50 minute dance class will bring out your inner feelings and creativity through body movement.
**Zumba:** This Latin Dance inspired class will have you burning calories while feeling like you’re at a dance party! Come and be inspired by the merengue, cha cha, salsa, and more!

CARDIO, STRENGTH, & TONING
**Abs:** This class will target the entire abdominal region using resistance, physio-balls, medicine balls, BOSUs, mats, and MORE!
**Abs & Buns:** Need to give your abs and glutes more attention? Abs and Buns uses a variety of exercises to target the muscles in these areas with intent to tone and strengthen.
**Bootcamp:** Mix up your workout with traditional callisthenic and body weight exercise using interval and strength training, this class will leave you feeling stronger than ever!
**Core & Floor:** This class focuses on the core, glutes, hamstrings, and quads. Feel your best you and come down to mat level!
**HIIT:** High Intensity Interval Training! Get ready to push yourself to another level with this 30 minute strength and conditioning class!
**Insanity:** Jump in to this high intensity strength training class! You will walk away with zero regret!
**Kickboxing:** Designed for all levels of fitness, kickboxing will focus on a variety of punches, leg agility, and core exercises. You will leave this class with a workout from head to toe.
**Strength & Tone:** This full body workout of strength exercises is sure to rock your world! You’ll leave feeling stronger and leaner than ever!
**Tabata:** Looking for a quick workout? Tabata is here for you! This 30 minute workout will have you ready to take on the day from a variety of strength training exercises.
**TRX:** Tired of the same old equipment? Come try suspension training! Created by a former Navy SEAL, TRX will provide you with strength training, flexibility, and toning using straps anchored on the wall.

MIND & BODY
**Pilates:** Work on and off the floor to strengthen your core, improve posture, and increase flexibility for a total body workout.
**Yoga:** Come practice with us and relax your mind all while increasing your flexibility and improving your overall range of motion.