

# CLASS MENU

This is just a sampling of the incredible classes we offer, try it today to experience them all!

## Cardio

Want exercises to strengthen the heart? We have everything you ask for.

### Featuring:

- ▶ BOSU Cardio
- ▶ Kickboxing
- ▶ Tread/Run
- ▶ Dance Cardio
- ▶ Pool Aerobics
- ▶ And More!
- ▶ HIIT
- ▶ Rowing
- ▶ Jump Rope
- ▶ Step Aerobics

## Indoor Cycling

Get your heart pumping with these high octane, fat-melting, cardio-kicking blowouts, guaranteed to make you sweat! Cycling classes are available as short as 10 minutes, as long as 90 and everything in between. And enjoy some of our specialty cycling workouts!

### Featuring:

- ▶ Bike & Barre
- ▶ Cycle & Sculpt
- ▶ StraightUp Cycle
- ▶ Cycle & Core
- ▶ Cycle & Stretch
- ▶ Cycle & Pilates
- ▶ HIIT Cycle

## Mind & Body

Find your center and elevate your Qi with these truly transcendental yoga classes. Keep taking these classes, and we guarantee you'll find your own personal nirvana in no time.

### Featuring:

- ▶ Beginner's Yoga
- ▶ Meditation
- ▶ Stretch & Restore
- ▶ Classic Yoga
- ▶ Myofascial Yoga
- ▶ Vinyasa
- ▶ Detox & Stretch Yoga
- ▶ Power Yoga
- ▶ Yoga Sculpt
- ▶ Restorative Yoga
- ▶ And More!

## Senior Fitness

If you're an active older adult, want a workout for those with limited mobility, or are recovering from an injury, or improving your balance, this has your name written all over it.

### Featuring:

- ▶ Cardio for Active Older Adults
- ▶ Strength & Balance

## Ab & Core

Are you ready to carve those midsections with some gut-busting core workouts? Of course you are! Six-pack, here we come!

### Featuring:

- ▶ 10-Minute Abs
- ▶ Mat Pilates
- ▶ And More!
- ▶ Beginner's Pilates
- ▶ Six-Pack Attack
- ▶ Dancer's Abs
- ▶ Total Core

## Fusion Workouts

It tones... it strengthens... it stretches... and it opens your body in some new and fun ways! Have a towel ready, because you're about to experience a super SWEAT session!

### Featuring:

- ▶ Arms & Abs
- ▶ Pilates-Yoga
- ▶ And More!
- ▶ Pedal & Pump
- ▶ Step & Sculpt

## Sculpt

This is the center for body sculpting at its best. With these all-in, strength training and floor cardio classes, you'll be getting leaner & stronger, having a blast, toning that bod, and begging for more!

### Featuring:

- ▶ Amazing Arms
- ▶ Back/Chest
- ▶ Barbell & Dumbbell
- ▶ Barre
- ▶ Bootcamp
- ▶ BOSU
- ▶ Cross Training / WOD
- ▶ Kettlebell
- ▶ Legs/Buns
- ▶ Shoulder Shredders
- ▶ Total Body Sculpt
- ▶ TRX

## Youth Classes

Kids, teens, and parents are gonna find themselves sweating and singing with these incredibly fun online youth classes.

### Featuring:

- ▶ Older Kids & Teens
- ▶ Younger Kids