

Class Descriptions



PIYO

SWEAT, STRETCH, AND STRENGTHEN IN ONE UNIQUE WORKOUT

PiYo LIVE is designed to build strength, improve flexibility, and tone muscles—all in the same class! Using only your body weight, you'll perform a series of high intensity moves (all without putting unnecessary stress on your body) while working every muscle for a long, lean, and incredibly defined physique.

These dynamic, flowing sequences deliver real results through nonstop movement that burns serious calories and gets your heart pumping! The perfect blend of yoga, pilates and core conditioning!

P90X (Bootcamp)

WORLD-FAMOUS WORKOUT. GROUP FITNESS FUN

P90X LIVE is the total-body strength and conditioning group fitness class for anyone looking to get lean, toned, and fit! This motivating, results-driven workout is designed to burn calories and build muscle using light to moderate weights. It's perfect for all fitness levels and can be modified so everyone can participate.

STEP

Using the studio step, you'll move your way through several choreography combinations that will give your heart the cardio boost it needs to stay healthy and happy. Low impact class and can be modified for any fitness level.

TOTAL BODY CONDITIONING

Define and strengthen your body in this awesome muscle conditioning class! This workout is designed to define your muscles, build endurance and give you the results you desire! We will use hand weights, weight bars, body weight, and other equipment to tone your upper body, lower body, and core! All fitness levels are welcome!

HIIT Fit 30

This is metabolic training at its' best. See MORE results in less time by doing high intensity intervals for 30 minutes. This class has 45 seconds of intense work, followed by 15 seconds of recovery. The workout is 4 rounds and is repeated 2-3 times with just one minute between rounds. You may use the step, bands, body weight or dumbbells. Every class is different and improve your aerobic and anaerobic capacity as well as your muscular strength and endurance.

Box and Burn

30 min of high intensity cardio kick boxing. Vigorous intervals of boxing moments, kickboxing movements as well as bootcamp style HIIT movements, followed by 30 minutes of Total Body Conditioning.