

Class Descriptions

Strength/HIIT: High intensity interval training with total body functional strength focus- This class is designed to be high impact and high activity for interval timed sequences. Using plyometric exercises such as ball slams and battle ropes followed by strength training exercises using dumbbells; this class will get your heart pumping! Exercises can be modified for any fitness level. Class time is 45 minutes.

Full body Friday: Hitting all of the body! Class is a total refresh of the system by completing cardiovascular endurance exercises, circuit training strength, and finishing with stretches. Exercises can be modified for any fitness level. Class time is 45 minutes.

Cardio/Circuits: Designed to work on your cardiovascular endurance and functional strength, use of timed intervals in plyometric and strength strength styles. Using medicine balls, battle ropes, boxes, bands, gliders, air bikes, and sleds, dumbbells, and more. Exercises can be modified for any fitness level. Class time is 60 minutes.

Balls 2 the Wall: Class is designed to work with Bosu balls, yoga balls, medicine balls, and the wall for a total body balance and strength focus. Wall Pilates and plyometric training are combined for a excellent experience of focus on the trunk, core, unilateral movements, and more. Exercises can be modified for any fitness level. Class time is 45 minutes.