

Class Format

****Not a complete list of classes**

NOTE: ALL fitness levels welcome in ALL classes!!

MIXXEDFIT®

MIXXEDFIT is a people inspired, dance fitness program that uses boot-camp inspired moves! Get excited because you'll quickly be able to pick up the easy-to-follow, repetitive moves which allows you to strive for your level 10! Engage your muscles and sweat with a smile—you don't want to miss this new, hot format!!

Core2Floor

Core2Floor is focused on abs/core, glutes and legs. It will tone and tighten your abdominals and legs ensuring you fully tax those muscle groups! Walking normal is overrated—just kidding! But you WILL know what you worked! 😊

Total Lift / Barbell

60-minutes of lifting...BOOM! Music beat inspired, muscle challenging and strength building. If you want a class solely focused on the lift, this is it!

Tabata

The ultimate in High Intensity Interval Training – HIIT. Tabata is 20 seconds of work—giving ALL you've got, followed by 10 seconds of rest. This is done in rounds and 8 rounds equals 4minutes of fat-blasting goodness! YES, you CAN handle this because Tabata hurts so good! Bring a can-do attitude and you'll surprise yourself with your results!



This hybrid class blends ballet inspired moves with elements of pilates, dance, yoga and strength training. Feel your body get stronger and more flexible as you work with high reps in small ranges of motion!

AMRAP

AMRAP stands for: As. Many. Rounds. As. Possible ... and sometimes that is even more than you thought yourself capable of! Don't miss this awesome format that incorporates total body moves (bodyweight, dumbbells, bands, and more) in sequences to complete as many as you can for an allotted amount of time.

FIT!

BLAST the fat in Fitsentials Interval Training – FIT! This class is designed to keep you engaged throughout the workout with THIS result: a fat-burning inferno a.k.a. your body! Different interval lengths will be implemented!

Pound Fitness

You don't need drums or fancy sticks to get an amazing workout! In this hour you'll work your body through easy-to-follow moves and a beat that excites you! Upper, lower, core—all muscles will be engaged to ensure your form is on point and maximum effectiveness achieved!

Pound2daXtreme

60-min combo of Pound fitness combined with Xtreme Step—a fun, unique cardio fitness with a step board. Great music, beats, smiles and sweat—we are taking a favorite and kicking it up a notch!

Zumba® Fitness

Experience the world's largest Latin-inspired fitness program! Zumba is an effective and fun way to burn calories without watching the clock – no dance background is necessary! Ditch the workout – join the party!