

Session Descriptions

Abs & Core- A session completely devoted to working out that 6 pack!

Arms & Abs- Not only will your core get a great workout, but your arms will be toned and look great.

Cardio Blast- High impact cardio with fun music and combinations to really get you moving!

Cardio Interval-A combination of energized cardio moves and toning intervals to shed fat fast.

Cardio Tone- Utilizing a variety of weights and cardio for an overall body challenge.

Core Concepts- A session that focuses on your abs, buns, hips and thighs for a complete core body workout.

Hip-Hop Spinning- This session will provide you with high intensity cycling to blast away those extra calories in no time!

Interval- No fancy choreography here, just skills and drills that will improve speed, agility, strength and stamina so come challenge yourself by increasing muscle strength and cardio vascular endurance.

Kick It Up!- A combination of high energy kickboxing and cardio dance to really make you sweat and burn those extra calories.

On the Ball- A session that challenges your strength and balance through a series of exercises all performed on the stability ball.

Step & Tone- Get your heart pumping and follow up with your muscles by starting on the step then moving to the floor for an all around good workout.

Total Body Tone- Workout your entire body with a variety of exercises while you have fun listening to new and lively music.

Total Body Pump- Start your day off right while we invigorate your major muscles through resistance training.

Power Toning- A high intensity workout to tone each individual muscle group as you feel the burn.