

## VIRTUAL CLASS DESCRIPTION -DECEMBER

**21 Day Fix Pilates:** *For everyone* – Strengthen your core, elongate your muscles, and firm your hips and thighs.

**Abs & Booty Burn:** *Advanced* – Get tight abs and backside with four rounds of powerful core exercises, including Superman Sit-Ups and Crawling Planks.

**Abs/Core Burn:** *Beginner* – Strengthen your core and make your abs burn with Kenta! This is perfect to do as a stand-alone routine or in addition to another workout.

**Athletic Yoga & Flexibility:** *Intermediate* – Power and Core puts the focus on functional athletic movement and traditional yoga poses with a more active sequence that builds core, upper and lower body strength, and endurance.

**Beginner Burn Lower Body:** *Beginner* - Jaime delivers a lower body workout guaranteed to strengthen your entire lower half!

**Beginner Shred:** *Beginner* – Get started with the Shred Series with this beginner's video teaching the moves while burning calories.

**BOXX Full Body:** *For everyone* – Shadow boxing paired with high intensity interval training. This workout has a full body focus challenging your whole body.

**Core De Force:** *Intermediate* – You'll practice boxing, kickboxing, and Muay Thai techniques with this MMA-inspired class that combines explosive power moves and interval training to get a total body workout.

**Detox Flow Yoga:** *Intermediate* – This practice burns calories and increases flexibility while removing tension through focused movement and breath.

**Dino Yoga:** *Beginner* – Transform into a baby brontosaurus that roamed Earth millions of years ago. Start as a baby dino egg, hatch and grow in a stretching, roaring Baby B!

**DJ Fin:** *Intermediate* – DJ Fin LOVES to jump so here we have a workout with high energetic moves to his great cool RAP! Have fun!

**Energy and Endurance:** *Intermediate* – This practice focuses on increasing endurance and building strength while helping you create long lines and tone muscle.

**FLOW Mobility:** *Beginner* – This class focuses on mobility with a sprinkle of core work.

**HIIT – Zero Impact:** *Intermediate* – This functional high intensity workout has no jumps – so you can work hard without putting any pressure on the joints!

**HIIT it w/ Weights:** *Advanced* – Join this body-weight workout with dumbbell HIIT routines. Get ready to row, plank or squat with or without the extra resistance.

**HIIT Upper Body:** *Advanced* – This high intensity circuit workout mixed traditional weighted upper body exercises along with popular HiiT Training methods that shapes the entire body.

**Insanity LIVE:** *Advanced* – Combine plyometric moves – like high knees, burpees and jumping jacks – with isometric body weight moves – like lunges, squats and planks! Great conditioning workout!

**Kick'n Circuit:** *Intermediate* – This class focuses on high repetition exercises combining kicks, punches, push-ups, jumps and squats.

**Killer Buns & Thighs:** *Intermediate* – Filled with exercises that target those buns and thighs to tone and shape.

**Mabu the Monkey:** *Beginner* – Mabu focuses on upper body and waist and she loves to salsa with Mabu's workout, the sun is always shining.

**Martial Arts:** *For everyone* – Learn techniques and form followed by a combination of the featured moves.

**Moon Salutation:** *For everyone* – All about strong, powerful standing poses – Crescent Moon, Goddess Pose, Triangle, Lunges and more. A tribute to the powerful forces of the moon's affects.

**Pilates w/ Kick:** *Intermediate* – Take classic Pilates mat exercises and kick them up a notch with fun, athletic variations for a powerful core challenge that will also create long, lean muscles.

**PiYo Sweat:** *Intermediate* – A traditional PiYo workout that incorporates effective dynamic conditioning, fast-paced cardio yoga-flows, and bodyweight resistance strength training to help sculpt your entire body!

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**Power, Speed & HIIT:** *Advanced* – HIIT format, create power and speed through ground dynamics. Muscle Building, Cardio, Fat Burning. Hormone Balancing.

**Rise & Shine Yoga:** *For everyone* – Start your day with athletic-based yoga moves built around the pushup, balanced with a calm that only yoga can deliver.

**Sculpt Killer Arms:** *For everyone* – 10 minutes to lean, sculpted arm

**Senior Dance:** *Beginner* – Participate in this simple, fun dance routine!

**Senior Strength:** *Beginner* - Focus on your core muscles to help improve your posture from a standing position but feel free to use a chair for balance if you need it.

**Soulbody Barre:** *Intermediate* – This class pulls from the principals of Pilates, the wisdom of yoga, the intense power of dance and the body sculpting benefits of traditional strength training creating a fun dynamic class.

**Strong by Zumba:** *For everyone* – Try this total body workout where every move is synched to the beat.

**Transform Express:** *Beginner* - Prepare for a unique mind/body experience featuring traditional yoga poses, such as warrior, and sport-influenced movement including plyometrics and strength.

**Turbo Kick Live:** *For everyone* – This high-intensity, fat burning workout combines cardio kickboxing, with body-sculpting HITT moves choreographed to the hottest music mixes!

**Yoga Stretch:** *For everyone* – You will be guided through a quick yoga stretch routine that gets the whole body in no time.

**Zumba Blitz:** *For everyone* – 20-minute workout that challenges your entire body!