Yoga - WERQ® is the fiercely fun dance fitness class based on pop, rock, and hip hop music. The warm up previews the dance steps in class and the cool down combines yoga-inspired static stretching and balance poses. WERQ is taught by Certified Fitness Professionals, so the WERQ-out is safe and effective.

Power House Workout - A low-impact exercise for the body and mind. Combining different asanas, or postures, with a deep breathing technique, called pranayama to help bring self-inquiry and inner stillness. This class is designed to provide individuals with fitness inspired by boxing. This class will provide an assortment of fitness drills to provide participants with a combination of toning, flexibility and strength from head to toe. Non-stop, taken in a controlled movement way.

Cardio Fusion - This class is designed to provide individuals with fitness inspired by boxing. This class will provide an assortment of fitness drills to provide participants with a combination of toning, flexibility and strength from head to toe. Non-stop, taken in a controlled movement way.

Meditation
- Meditation aids in eliminating stress and can bring about positive personal changes. Viewers will be guided through a meditation with relaxing background music to help bring self-inquiry and inner stillness. This class is designed to provide individuals with fitness inspired by boxing. This class will provide an assortment of fitness drills to provide participants with a combination of toning, flexibility and strength from head to toe. Non-stop, taken in a controlled movement way.

Restorative Yoga - This style of training builds and sculpts lean, functional muscle. Lifting, squatting, jumping, twisting, pulling, pushing, punching, kicking, rolling—everything. It’s powerful and gets your heart racing. All class members will be provided with a jump rope, a workout mat, small hand weights for a variety of strength and conditioning exercises and a workout towel. No fitness experience is necessary. This class is for You. It’s your personal growth journey. Body, mind and spirit. Take the class, you’ve earned it.

QuaranTraining - Restorative flow integrating moving sequences that have gentle restorative poses. During the class, the use of props such as blocks or straps may be utilized to assist students get to positions that will feel comfortable and that fit their body’s original posture. Over to all levels.

Cardio Barre - This non-stop powerhouse workout is guaranteed to burn calories and get your heart pumping. HIIT includes High Intensity Interval Training by combining strength and cardio training. It’s cardio with a kickboxing flair, HIIT combines a non-stop combination of interval drills and cardio. No fitness experience is necessary.

Kettlebell AMPD - This class is designed to provide individuals with fitness inspired by boxing. This class will provide an assortment of fitness drills to provide participants with a combination of toning, flexibility and strength from head to toe. Non-stop, taken in a controlled movement way.

HIIT - This class is designed to provide individuals with fitness inspired by boxing. This class will provide an assortment of fitness drills to provide participants with a combination of toning, flexibility and strength from head to toe. Non-stop, taken in a controlled movement way.

POUND® - This class is designed to provide individuals with fitness inspired by boxing. This class will provide an assortment of fitness drills to provide participants with a combination of toning, flexibility and strength from head to toe. Non-stop, taken in a controlled movement way.

Meditation
- Meditation aids in eliminating stress and can bring about positive personal changes. Viewers will be guided through a meditation with relaxing background music to help bring self-inquiry and inner stillness. This class is designed to provide individuals with fitness inspired by boxing. This class will provide an assortment of fitness drills to provide participants with a combination of toning, flexibility and strength from head to toe. Non-stop, taken in a controlled movement way.