**Virtual Fitness Schedule**

- **Fusion-style, barre workout**, combining Pilates, fitness and dance-based moves using small movements and high repetition. A strength class that will up your game. Using what you have at home and your own body weight, you will be stronger than ever!
- **Bodyweight Boot Camp** - This circuit-style class incorporates strength and cardio into one high-energy workout for a full-body training session.
- **Les Mills BODYPUMP™** - Incorporating the techniques of Belly Dance with a splash of cardio. This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically created for each class. It is designed to increase cardiovascular and muscular endurance.
- **Core Focus** - This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically created for each class. It is designed to increase cardiovascular and muscular endurance.
- **Power Yoga** - From beginner to advanced, this class will help participants process in their current yoga practice. Some experience is recommended but not required. All levels are welcome!
- **Mindful Yoga** - Focus on linking conscious breath with a vigorous and mindful Flow. You will build strength, flexibility and concentration while cleansing the body and calming the mind.
- **Restorative Yoga** - A style of training that slows down the workout tempo to focus on muscular strength. Each class will target different muscle groups to make sure that cardiovascular and strength training has been proven to be the most effective workout method for burning fat and building lean muscle.
- **Power House Workout** - Using items one can find around the house to bring resistance training in, this class targets the total body in an engaging and challenging workout.
- **Pilates** - Stretching and core strength based on the work of J. Pilates. This class will target your abdominals and back muscles.
- **Cardio Kickboxing** - This cardiovascular exercise class will have you alternating short periods of intense exercise with less intense recovery periods.
- **Cardio Fusion** - A variety of low impact cardio movements that are fun for the mature adult or novice exerciser. Effective resistance, balance, and core training using small items you have at home.
- **Mindful Yoga** - Focus on linking conscious breath with a vigorous and mindful Flow. You will build strength, flexibility and concentration while cleansing the body and calming the mind.
- **Core Blast** - A style of training that slows down the workout tempo to focus on muscular strength. Each class will target different muscle groups to make sure that cardiovascular and strength training has been proven to be the most effective workout method for burning fat and building lean muscle.
- **Core, Sculpt & Stretch** - Incorporating the techniques of Belly Dance with a splash of cardio. This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically created for each class. It is designed to increase cardiovascular and muscular endurance.
- **Core, Sculpt & Stretch** - Incorporating the techniques of Belly Dance with a splash of cardio. This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically created for each class. It is designed to increase cardiovascular and muscular endurance.
- **Core Training** - This format will help the participant stay engaged and active while being "quarantined". A total body strength and cardio workout using resistance from everyday items around the house.
- **Yoga** - By connecting the breath to the movement, your body and mind can become more aware of the present moment. This class will be guided through a meditation you can do on your own anytime.
- **Power Yoga** - From beginner to advanced, this class will help participants process in their current yoga practice. Some experience is recommended but not required. All levels are welcome!
- **Energy Workshop** - A form of dance-inspired movement class. You will be guided through a meditation you can do on your own anytime.
- **Cardio Kickboxing** - Bring on the fun in this dance based aerobics class featuring movements inspired by African and American dance music. (All Levels)
- **Core Focus** - This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically created for each class. It is designed to increase cardiovascular and muscular endurance.
- **Power Yoga** - From beginner to advanced, this class will help participants process in their current yoga practice. Some experience is recommended but not required. All levels are welcome!
- **Energy Workshop** - A form of dance-inspired movement class. You will be guided through a meditation you can do on your own anytime.
- **HIIT** - High-Intensity Interval Training (HIT) is a form of cardio exercise that includes intervals of short, intense bursts of effort with shorter periods of rest. Biokinetics has put the most effective methods together so you can burn fat and build lean muscle through the use of constant and varying work.
- **Pilates** - Stretching and core strength based on the work of J. Pilates. This class will target your abdominals and back muscles.