Werq® - 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.

Tai Chi/Meditation - Tai Chi/Meditation does for the mind what movement does for the body. This 30 minute class will offer a variety of techniques including postures, breath work, and meditation. Meditation is a major asset in taking control of our own minds and living a healthier and happier life. It gives us the ability to silence our very

Muscle Work - Prepare to experience a blend of stretching and strengthening techniques all in one go. Elongate and tone your muscles while using straps, and unique.

**Yoga**

- **Hatha Yoga** A series of basic yoga postures that are perfect for the beginner.
- **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.
- **Yoga** - Learn how to link your breath to movement with a variety of poses and flows to help you strengthen and lengthen. Namaste!
- **Yoga** - A step above our normal Yoga class with mindful and quicker paced movement to connect your mind and body for a good sweat.
- **Yoga** - This class is designed by dedicated Pilates instructors who are focused on increasing flexibility, range of motion, and core strength. This class will have you feeling strong and flexible in no time.

**Zumba®**

- **Zumba®** - Join Anne as she works your core and lifts your heart. This class uses a special blend of Latin and International music to create a unique dance and cardio experience.
- **Zumba®** - This class will give you the break you need, no matter how busy and stressful your day has been! You will flow through poses, connecting your mind and body and leaving your stress behind.
- **Zumba®** - This high intensity style of training that focuses on performing a combination of both core and cardio exercises in a time-efficient manner.

**POUND®**

- **POUND®** - This 10 minute dynamic workout combines traditional yoga poses with a cardiovascular workout. This non-stop powerhouse workout is guaranteed to burn calories and get your heart pumping. HIIT includes High Intensity Interval Training by combining strength training with interval training.

**HIIT**

- **HIIT** - This class will use the art of kickboxing to get the heart pumping in the non-stop cardio workout.加入 Anne as she works your core and lifts your heart. This class uses a special blend of Latin and International music to create a unique dance and cardio experience.
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