POWER HOUSE WORKOUT
- Designed to activate the abdominals, pelvic floor, and lower back by utilizing body weight exercises to strengthen the core, increase balance and enhance your physical function.

QuaranTraining
- Using items one can find around the house to bring resistance training in, this class will sure to be a fun and challenging workout.

Mindful Yoga
- This 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 you're working every part of your body.

Circuit Craze -
- This circuit-style class incorporates strength and cardio into one high-energy workout for a full-body training session.

Circuit Training
- 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 you're working every part of your body.

Pound®
- Using drumsticks with a rippling action to create resistance, this class will challenge the whole body.

STRONG by Zumba®
- This is a high intensity strength and cardio workout choreographed to music to help you push through every rep! Try this class out if you're looking for a workout that will leave you sweating and feeling empowered.

Kettlebell AMPD
- Variability based on the work of J. Pilates. This class will target your abdominals and back muscles.

Buti Yoga
- This mind-body class is one of a kind. Combining the arts of yoga, tribal dance, and short bursts of high intensity cardio to the beat of the music will keep you coming back for more! No previous dance or yoga experience needed. All fitness levels welcome!

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Core Focus
- This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically choreographed to each class. All fitness levels welcome!

Core Blast
- 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 Power
- A step above our normal Yoga class with mindful and quicker paced movement to connect your mind and body for a good sweat.

Power Yoga
- A step above our normal Yoga class with mindful and quicker paced movement to connect your mind and body for a good sweat.

Strive by Zumba®
- This is a high intensity strength and cardio workout choreographed to music to help you push through every rep! Try this class out if you're looking for a workout that will leave you sweating and feeling empowered.

HIIT & BOXING
- This circuit-style class incorporates strength and cardio into one high-energy workout for a full-body training session.

Cardio Kickboxing
- This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically choreographed to each class. All fitness levels welcome!

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Strong by Zumba®
- Designed to activate the abdominals, pelvic floor, and lower back by utilizing body weight exercises to strengthen the core, increase balance and enhance your physical function.

Body Power
- This class allows you to move in your own chair by utilizing your body weight to perform the full range of movement.

Yoga
- This class is designed for those who are new to yoga or looking to enhance and deepen their practice.

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