

# Class Descriptions

Updated 6/7/2018

**POUND**— 45-minutes of an alternate group fitness inspired by drumming.

**BOOTCAMP**— 45-minute mix of body weight and resistance style exercises designed to increase cardio endurance and functional strength.

**BODY FUSION**— 60-minute class to stimulate and strengthen muscles through “fusing” Yoga, Pilates, and resistance training together for the perfect workout.

**MONDAY RUNDAY**— 60-minute class combining short amounts of running with periodic exercise to provide a well-rounded hour of fitness — all at your pace.

**POWER FUSION**— 60-minute high octane class to rev-up your metabolism by incorporating resistance training with short bursts of cardio exercises.

**BOXERCISE**— 60-minute boxing infused cardio and core training.

**STRIKE**— 60-minute boxing circuit class with punching bags and mitt work. Wraps and gloves are worn for this class.

**SIXPACK**— 30-minute class devoted to carving up the abs & overall core strengthening.

**TAI CHI**— A 60-minute, slow paced class that improves balance, flexibility, strength, and overall health. Tai Chi is suitable for almost everyone and can be done seated or standing.

**STEP FUSION**— 60-minute class to get hearts healthy in this interval switch between “easy-to-follow” step routines, core work, and resistance training.

**STRETCH 360**- 15 minutes of active stretching followed by 45 minutes of stretches to increase blood flow, breathing, and flexibility.

**CORE DE FORCE by BEACHBODY**- an MMA inspired workout combining boxing, kickboxing, and Muay Thai with fat-blasting cardio and bodyweight moves to help you zero in on stubborn belly fat and carve all over definition.

**INFERNO**- This class is dedicated to full-body resistance weight training. If you want to gain strength and see your muscles begin to chisel some definition, you must participate in this one!!