

WORKOUT DESCRIPTIONS

Cardio & HIIT



KICK IT is a 50-min high energy, cardio workout that uniquely pairs kickboxing combos with high intensity HIIT drills! Movements are all carefully choreographed to the beat of each track! All levels welcome!



HIITBOX

HIITBOX is a 30-min high intensity boxing workout that quickly alternates between traditional boxing combos and hard hitting HIIT drills! Combos & drills do not beat match - it's a "go at your own pace" style experience. All levels welcome!



THE DROP

The DROP is a 50-min full body cardio & strength workout combining challenging & effective body-weight only exercises, with heart pumping beats! Movements are carefully choreographed to the beat of each track! All levels welcome!



Tabata is a 20-min high energy, fast paced, HIIT workout using the classic Tabata 20:10 protocol. Combos & drills do not beat match. All levels welcome!



All Quick HIITS are 10, 15, and 20-minutes of high energy, fast paced, high intensity workouts for when you're short on time, but committed to serious results! Combos & drills do not beat match. All levels welcome!

Strength



STRONG BOD is a 30 or 60-min focused dumbbell strength training session utilizing unique workout protocols to keep the body guessing & results coming! Each workout targets the upper body, lower body, or full body by using super sets, drop sets, giant sets, isometrics, tempo strength, and more!



The Empowered Strength Series is a 30-min strength workout using dumbbells and bands. Each workout is designed to build & sculpt your body while leaving you feeling empowered, confident, and strong - ready to take on the world! Each workout is geared towards upper body, lower body, or core specifically.



LIFT is a 50-min full body, rhythmic based, dumbbell strength workout. Each track focuses on specific muscle groups & tempos - The first half of class focuses on traditional strength training techniques, while the second half utilizes functional movements to achieve the ultimate burnout. All levels welcome!

Flexibility



Rhythmic Stretch is a 25-min dynamic stretching class for those that want to improve flexibility in a fun and functional way! Movements are carefully choreographed to the mellow, house-y beats of each track! All levels welcome!



Sport Stretch is a 10, 15, and 25-min focused stretching session geared towards the everyday athlete! Each session focuses on specific muscle groups used in sport & fitness activities. Move better, feel better! All levels welcome!