

ZING

(MON & WED – 5:30 – 6:30)

If you are somebody that likes variety, then you will love the spontaneity of this class. Fusing together intensities and different types of exercises create intervals and variations that shock your body into getting more fit!

T.K.O.

(MON & WED – 6:30 – 7:30)

Set to upbeat music, you get a challenging cardiovascular and full body workout as you kick, punch, block and move in each class. T.K.O. is a combination of dance and martial arts that will undoubtedly improve your endurance and cardiovascular fitness, tone muscles and reveal that core.

CORE & ABS

(MON & WED – 7:30 – 8:30)

The "Midsection Makeover"! We all want great looking abs so that's what this class is for. Non-stop core focused exercises that will help to erase those saddlebags and love handles while strengthening your core, improving your posture, balance, and overall health. Covering every muscle in your core, upper and lower abs, obliques, back muscles as well as the hips to develop better balance and definition.

FRENZEE

(TUE & THUR – 5:30 – 6:30)

This powerhouse boot camp style class uses strictly your own body weight for resistance. Perform a combination of full body movements, using no equipment, to work balance, strength and endurance. Frenzee will leave you in a puddle of sweat, be ready to burn some serious calories.

DERRIERE

(TUE & THUR – 6:30 – 7:30)

Have you been looking for a class that specifically targets the "problem areas" of the lower body? Derriere caters to reducing those hips and thighs and melting away those stubborn saddlebags. Shape your gluteal muscles to get you a perfectly round derriere, while Lifting your butt so it looks great from every angle.

PIZZAZZ

(TUES & THURS – 7:30 – 8:30)

Join the newest dance party phenomenon that will ignite the night with a fusion of club hits from around the world! This class is one part cardio and one part sculpting a blend of chart-topping beats, and a dazzling club like atmosphere, pizzazz is a fun way to exercise, socialize and to let loose on the dance floor to the soundtrack of a live DJ mixing

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