

Class descriptions

Bootcamp	Bootcamp is a class to improve your body's overall functional strength, balance, coordination and cardio endurance. In this class, we will focus on strength, movement and balance through use of the body's core muscles as well learn to challenge muscular endurance, balance and coordination by moving through all planes of motion with multi-joint and compound exercises. Join us for some great music and motivation. All levels welcome....all exercises can be modified or amped up to help you meet your goals!
Combat HIIT	Jab, cross, hook, uppercut, and kick your way through this bag work class. You'll be punching & kicking to blast the calories as you are led through High Intensity Interval Training drills. Bring gloves if you have them some are available at The Warehouse (first come first serve). (Combat HIIT Express classes are 30 Min.)
Country Heat	Country Heat is a high-energy, low impact, country dance inspired workout that is so much fun you will hardly notice you are getting a total body workout!
Cardio Strength	The class focuses on Cardio Endurance by getting your heart pumping with Cardio moves and then will incorporate strength moves using weights and your own body weight. You will improve your cardio and feel stronger after this class!

Tank Top Arms	Tank Top Arms will tone, strengthen and chisel you; bringing you to the next level of fitness. Through the use of dumbbells, Kettle Bells, HIIT training and Body Weight training, you will leave this workout sweaty, smiling, and STRONG.
Yoga Sculpt	A Yoga Inspired Class with added free weights for increased muscle endurance. This power up session is designed to tone and sculpt every major muscle group. Free weights serve as your own personal adjuster to deepen your practice. Strength training builds lean muscle mass and boosts metabolism even while resting
P90X Live	This popular at home DVD program is now taught live! P90X Live combines a warmup, cardio block, upper body block and/or lower body block and a core block to give you a full body burn. Use your own body weight and free weights during this class.
Boxing Fusion	This class will incorporate kickboxing, combat HIIT and HIIT moves into stations that you will work at for 3 minutes. This class will leave you strong and sweaty and goes by in a flash.