

<p><b><u>LABLAST:</u></b> Is a multi level dance fitness program designed for the absolute beginner to the already experienced. Weights are incorporated into dances like the Disco, Cha Cha, Jive, Samba, ect just to name a few. No partner needed! All genres of music blast away the calories.</p>	<p><b><u>Aqua classes:</u></b> A great total workout, cardio, strength, toning, flexibility and balance. Whether you do the Cardio &amp; Strength or the High Intensity, Interval Class or both, you will have a great workout.. The water is wonderful for all body types and conditions.</p>	<p><b>HIIT:</b>A high-intensity interval training (HIIT) and functional fitness, such as using whole-body, multijoint exercises that simulate movements people do in life.</p>
<p><b>Power:</b> Strength and endurance . A class that will challenge to push their limits and walk out feeling strong. It consists of high intensity exercises that builds cardiovascular fitness, while improving muscular strength.</p>		<p><b>Tabata:</b> Structured Total body workourt! Rounds and rest that are timed.</p>
<p><b><u>MORNING MUSCLE:</u></b> Full body workout combining cardio and resistance training. We will utilize multiple muscle groups simultaneously to burn fat and build muscle.</p>	<p><b>Flex Yoga:</b> Focusing on stretching, but also working on stregh and balance.</p>	<p><b>Yoga:</b> Setting up foundations for a good yoga practice. We will discuss breathing and posture. We will use blocks, straps and chairs. Mostly on the floor, but can also be done in a chair.</p>
<p><b>Rep IT Out:</b> Circuit training to build strength and muscle.</p>	<p><b>Tai Chi:</b>Suitable for all fitness levels, Tai Chi is not only a physical exercise but also a meditative experience, fostering relaxation and improving overall well-being. Join us to cultivate harmony between mind and body.</p>	
<p><b>Hatha Yoga:</b> Yoga mix Each week will focus on a different type/form of yoga - relaxation, partner, yogalates (yoga and pilates), booty yoga, yoga for backs, yoga for runners, etc.</p>		<p><b><u>GENTLE YOGA:</u></b> Slow series of asanas (yoga postures) guided with emphasis on physical alignment designed for all levels. Ideal class for restoration and recovery.</p>