

<p>LABLAST: 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>Aqua classes: A great total workout, cardio, strength, toning, flexibility and balance. Whether you do the Cardio & 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>HIIT: 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>Power: 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>Tabata: Structured Total body workourt! Rounds and rest that are timmed.</p>
<p>MORNING MUSCLE: Full body workout combining cardio and resistance training. We will utilize multiple muscle groups simultaneously to burn fat and build muscle.</p>	<p>Flex Yoga: Focusing on stretching, but also working on strength and balance.</p>	<p>Yoga: 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>Rep IT Out: Circuit training to build strength and muscle.</p>	<p>Tai Chi: 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>Hatha Yoga: 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>GENTLE YOGA: Slow series of asanas (yoga postures) guided with emphasis on physical alignment designed for all levels. Ideal class for restoration and recovery.</p>