

## ***Strength and Muscle Toning***



**Abs, Butt & Thigh** is a combination of strength-based exercises for your abs, butt and thighs. It is an intense workout that'll help you sculpt that washboard stomach and lean legs you've been aiming for.



**Body Pump** is a fast-paced, barbell-based workout that's specifically designed to help you get lean, toned and fit.



**Aerial Yoga** utilizes a silk hammock or sling that is suspended from the ceiling to perform the same movements as floor Yoga. The purpose of the hammock is to provide support through your Yoga flow, while also improving flexibility and range of motion.



**TRX** is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously.



**BOSU Ball Training** is a great addition to your fitness journey. Not only is it a balance aid, helping users coordinate muscles and nerves for unstable conditions that you experience in everyday life, but it also assists in a number of other types of training, such as stretching, rehabilitation, and strength training.



**bodyART** is an intense, holistic, functional, whole body and transformative workout that combines strength, flexibility, cardio and breath work. It is based on the Eastern principles of yin and yang and the five elements.



**Barre Fusion** combines different disciplines – cardio and Pilates; aerobics and strength training; yoga and flexibility training – to build strength in the deep muscles of the abdominal region.



**Yoga Tone** incorporates full body yoga flow with classic yoga poses using resistance bands to strengthen and tone your body.



The **POUND Workout** combines cardio, Pilates, plyometrics and isometric movements with simulated drumming to loud and energizing music. The results are one-hour of sweat-dripping fun and a stronger body.



**Tabata** training is one of the most effective types of high intensity interval training. Through a variety of simple, yet intense exercises, each class will burn the calories and provide noticeable results in a short amount of time.



**Tone & Sculpt** exercises focus on adding definition to your physique with high reps and low weight. These exercises help improve your circulation, metabolism and caloric burn, further enhancing the shape and definition of your muscles.