

Aerobics



Body Combat is a whole-body workout, meaning you use both your upper and lower limbs for the workout, giving a more balanced effect and helping you achieve defined muscles and a well-toned body.



High Intensity Interval Training (HIIT) is a type of interval training exercise. It incorporates several rounds that alternate between several minutes of high intensity movements to significantly increase the heart rate to at least 80% of one's maximum heart rate, followed by short periods of lower intensity movements.



Indoor Cycling / Spin is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. It is an indoor cycling class set to exciting music tracks and choreographed to provide an excellent workout and improve cardiovascular conditioning.



Jazzercise Power Sculpt is a class that combines high- and low-intensity dance-based cardio and targeted strength work sprinkled throughout, finished with concentrated strength training. Jazzercise incorporates resistance training into every single class. This regimen not only helps target and tighten muscle but is key to maintaining muscle mass and tone which boosts metabolism, increases bone density, and helps maintain an overall healthier body.



Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness.



Latin Cardio Dance fuses Latin rhythms and choreographed dance moves of Salsa, Cha Cha, Samba, Rumba and Jive to create a fun and a dynamic workout. The warm-up features fast-paced pop and techno beats to raise body temperature and heart rate, while the core of the class features a mix of fast and slow rhythms to combine aerobic and resistance training.



Dance Fitness - In this class, you'll learn the technical skills you need to perform like a Broadway star, including strength, flexibility, and conditioning exercise. It can improve muscular strength, tone muscle, and enhance your coordination, agility, and flexibility. Dancing can also help alleviate stress and unlock a wealth of exercise endorphins. No dance experience required, but prior experience is encouraged.