

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.



K-pop Dance Workout is a fully body cardio workout. Incorporating K-pop dance into your fitness routine can be an enjoyable and effective way to lose weight. The energetic and rhythmic movements of K-pop choreography provide a full-body workout that engages various muscle groups and boosts cardiovascular endurance.



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.



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.