

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.



Pump It Up is a fast-paced, barbell-based workout that's specifically designed to help you get lean, toned and fit. High-intensity interval training is a form of interval training of very intense exercise alternated with recovery. Put them both together and you have one fantastic workout!



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.



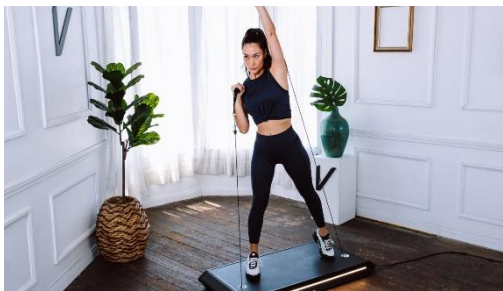
Barre Fusion combines different disciplines – cardio and Pilates; aerobics and strength training; yoga and flexibility training – to build strength in the deep muscles of the abdominal region.



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



ViPR bridges the gap between movement and strength training. It combines full-body movement with load, enhancing the vitality, performance and reconditioning goals of clients and athletes.



The Vitruvian Workout offers a range of benefits, including muscle activation and growth, improved muscle control and coordination, reduced risk of injury, increased power output, and enhanced flexibility and range of motion.



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.



Circuit Training is a dynamic class where you swiftly transition between exercises, spending 30 seconds to five minutes on each. This targets all major postural muscles and stimulates a Tabata-like effect, engaging both fast and slow twitch muscle fibers.



Flexibility & Mobility is a fusion of Pilates and Yoga movements to strengthen, tone, stretch and relax your entire body through postures, breathing, and relaxation techniques.



Go BarreLess is a mind body connection workout. It is a fusion of Pilates Barre and Yoga inspired movements without the barre using props like ball, band, ring, weights. You will challenge the core for balance and total body proprioception to the beat of music.



Body Impact is a full body workout that builds strength and endurance as well as coordination skills. By moving to music, the training program is entertaining and varied.