



## CLASS DESCRIPTIONS

### STRENGTH

#### CORE & MORE

This class focuses on overall core strength and abdominal work then finishing off with a full body stretch to increase flexibility, improve posture, relieve, or heal back pain and reduce stress. Add this class to the backend of your cardio and/or strength workout.

#### POWER UP

This class focuses on upper body strength training using heavier weights. Some experience is recommended.

#### LIFT: FULL BODY STRENGTH

This class focuses on full body strength using heavier weights and few reps to concentrate on each exercise resulting in muscle strength gains.

Updated 12/5/2023