



CLASS DESCRIPTIONS

CARDIO & STRENGTH

CIRCUIT TRAINING	This class will be performed in a circuit format combining a variety of equipment to improve muscular strength and endurance. Format will include a mix of cardio, resistance and high-intensity interval training (HIIT).
LUNCH TIME POWER	Need a lunchtime break? This class will pump you up by focusing on overall Cardio and Strength Training.
HIIT (&) THE WEIGHTS	This class will mix high intensity cardio with lighter weights and/or plyo work on the floor.
MUSCLE HUSTLE FULL BODY	This class combines both high intensity cardio and full body strength utilizing circuits with various stations and equipment for a full body workout.
MUSCLE HUSTLE LOWER BODY	This class combines both high intensity cardio and lower body strength utilizing circuits with various stations and equipment.
MUSCLE HUSTLE UPPER BODY	This class combines both high intensity cardio and upper body strength utilizing circuits with various stations and equipment .
TEAM ENDURANCE	This class will mix up lower pace, longer efforts on cardio + heavy weights on the floor. May also include some Run/Row or partner/team workouts.