



Wanna know what you're getting into?

Pound

Using weighted RIPSTIX, we do lots of leg work by squatting to keep up with the beat. This is a great way to trick yourself into working out. Don't let it fool you, it's a killer workout!

Hercules

This is one of the more intense, we break it down into sections. We target and exhaust arms, abs, then combine our favorite legs/cardio to put the cherry on top.

Piloxing

Piloxing is a combo of pilates and boxing (mostly boxing). This fun workout provides a unique atmosphere with its music and is a killer cardio workout. Plus you get a chance to beat up on the instructor!

Tabata

Tabata is high intensity interval training. We focus on getting your heart rate up and then taking it down. This workout goes by super fast because of the fun challenges that it brings at the end of each round!

Figure 4

This class is divided into two twenty minute halves. The first half is a mixture of cardio and planks. The second half mixes

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up arms and legs. It's a good balanced class suited for everyone!

GRIT

In 7 minute intervals, you will complete exercises that flow from one to the next. This is a challenging, full body class sure to leave you sweaty.

Triple Fit

Triple fit focuses on going as hard as you can for 5 minutes at a time. Each 5 minutes will focus on cardio, arms, legs or abs.

Studio²

Studio Squared begins with abs and ends with butt/back work. In the middle you will alternate between cardio, leg, and then arm for 40/30 second intervals.

Kicked

This is a challenging class full of punches and kicks. We do our regular exercises but add a little "punch" to it by throwing in the kicks.

Low Impact

This class is targeted for people who may have sore knees or something that limits their ability to jump. There is no jumping at all and exercises that are easier on the body.

Strength Training

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Just as the title suggests, this class is for those wanting to get STRONGER (not bulk up). This class focuses on high repetition of a minimum amount of exercises.

TACS

Tight Abs Coming Soon! Want to target just your abs and butt every now and then? This class is just for you!

Buns & Guns

Take a step up and come try this class that will leave your arms and glutes shaking for the rest of the night!

Bootcamp

These classes will always vary. You will never repeat the same workout in a month. They are typically all full body but come in many different formats. Try it out!

Flex

This class is done by counting. You will do 3 exercises at a time based on the rep counting of your instructor. They will start at 30 and break it down to 5 by the end of class.

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