










# VIRTUAL CLASSES

## All Classes Via Zoom



Picture	Class	Duration	Description	Exercise Type	Caloric Burn (Average)	Equipment	Results
	<b>HIIT</b>	<b>25</b>	Low impact or plyometric options in this fast-paced series of four exercises followed by a short rest. Four rounds with new exercises in each round.	High Intensity and Low Impact	<b>375</b>	One (1) Dumbbell 8-15lbs	Improves heart and lung fitness, improves agility and coordination, increases strength and endurance, helps maintain bone health, burns calories.
	<b>Sculpt</b>	<b>25</b>	A personal-training inspired workout that builds strength, tones your body, and pushes you to become more athletic.	Functional	<b>220</b>	Pair of Dumbbells 5-12lbs	Improves strength and endurance, tones and shapes muscles, helps build bone density.
	<b>Barre</b>	<b>25</b>	A low-impact workout for the whole body that will get you feeling stronger, leaner, and more mobile.	Functional	<b>120</b>	Pair of Dumbbells 2-3lb	Improves joint mobility, tones and shapes, increases sense of energy.
	<b>Ab Fusion</b>	<b>25</b>	Carefully selected abdominal exercises will tighten your abdominal muscles, strengthen your back, and promote proper posture and alignment.	Core	<b>100</b>	None	Tightens and tones core muscles, improves functional strength for balance, mobility, and injury prevention.
	<b>Pilates Mat</b>	<b>25</b>	A workout that leaves you strong, long, and calm. Feel centered and balanced both in mind and body.	Pilates	<b>85</b>	None	Improves joint mobility, tones and shapes, enhances mental well-being and reduces stress.
	<b>TRX</b>	<b>25</b>	Total body integration with the support of the TRX equipment to reduce joint pain and strain as you build strength.	Functional	<b>130</b>	TRX	Improves strength and endurance, tones and shapes muscles, helps maintain bone health.
	<b>Fascia Release</b>	<b>25</b>	A workout that leaves you relaxed, rejuvenated, and calm. Feel centered and balanced both in mind and body.	Cool Down	<b>60</b>	Tennis Ball, Foam Roller, Resistance Band	Improves recovery times, increases joint mobility, improves posture, decreases pain, and allows muscles to engage more optimally.
	<b>Pump &amp; Jump</b>	<b>25</b>	A low-impact cardiovascular and strength workout for the whole body. Supportive for low back, hip, and knee issues.	Functional	<b>180</b>	Reformer, Jumpboard	Improves heart and lung fitness, helps build bone density, improves agility and coordination, increases strength and endurance, burns calories.
	<b>Reformer</b>	<b>40</b>	A new fresh theme of the week to explore all the possibilities on your reformer for unique, fun, and challenging workouts. All workouts provide modifications, progressions, and regressions to work with any injury, special needs, or fitness level.	Pilates	<b>250</b>	Reformer	Improves strength and endurance, tones and shapes muscles, helps build bone density, improves agility and coordination, enhances mental well-being, and reduces stress.