

CLASS-IC TRAINING

360-3X

360 degrees of pure work! Using dedicated work efforts designed to challenge even the most seasoned athlete 360-3X delivers a serious heart pounding, calorie burning workout designed to push you to the max. Using a signature formula of three 60 second work efforts grouped in rounds, 360-3X provides a total body workout with maximum results.

ABSOLUTION

This class offers the perfect core strengthening solution. Concentrated ab-centric floor-work is paired with deep restorative stretching.

BELLY, BUTT AND THIGHS BOOTCAMP

Based on the popular DVD, focus on your lower half in this belly-busting, booty-shaping class.

BODYWEB WITH TRX®

Hang from the durable TRX® ropes to push, pull, lift and lower your body through Spiderman moves for a total body suspension workout that also super-strengthens your core.

CARDIO TAI BOX

This high energy and high impact class is the perfect blend of kickboxing, martial arts and cardiovascular training.

FAT BURNING PILATES

Calorie burning cardio and pilates based toning combine to maximize your fat burning potential.

LOOPED IN

Get LOOPED IN to a great workout utilizing the Stastix Loop by Stroops®. Shape and strengthen your lower body and chisel your abs in this workout that incorporates dedicated segments of lower body toning, core conditioning and explosive cardio intervals. This workout accelerates in intensity as the class progresses. Are you ready to be IN the LOOP?

TREAD N' SHED

Experience the benefits of this cardiovascular class taught on the treadmill. This class utilizes sprints and slow walks with varying speeds and ramp heights.

YOGA BODY SCULPT

This strength-building Vinyasa flow class focuses on sculpting your buns and thighs while flattening your belly and strengthening your core. This workout is based on Crunch's latest hot video.

ZUMBA®

This class fuses hypnotic Latin rhythms and easy-to-follow moves to create a high energy, calorie blasting, total body dance based workout. Fast and slow rhythmic movements are used to tone your body, keep you moving and the party going!

