

Feeling Fit

Class Descriptions

H.I.I.T

High intensity interval training is all the rage because nothing changes your body faster! This class combines cardio and strength intervals, keeping you burning calories even after class is over.

Total Body Sculpting

A class designed to target all major muscle groups using a variety of approaches and different equipment as well as pure bodyweight moves. Cardio may be involved!

Heavy Bag/ Shadow Boxing

This high intensity class done on a free standing bag. Participants are lead through a series of kicking and punching combinations. Class members will improve endurance as they take part in this fast paced cardiovascular workout. Put on your gloves and take on the challenge!

HIIT 100's

One hundred (yes, 100) reps per exercise and a head-to-toe muscle-building workout like you've never experienced –

Body Blast

This cardio charged workout is high energy and motivating! It incorporates challenging segments using only your body weight.

Circuit Training

A fun and challenging combination of cardio drills and resistance training. This class consists of 60 second intervals using weights, tubing, heavy bags and jump ropes. You will get an awesome workout and the time will fly by!

