

## Class

## Descriptions: January

Strength Express

*Join Matt for a quick 30 minute strength express class that will get the blood flowing and the muscles pumping!*

Pilates

*This total body fitness class focuses on the core, back, and leg muscles with upper body strengthening for a workout that will boost metabolism, burn calories, stretch muscles and reduce injuries.*

Total Body Pump

*This strength training class designed to hit every muscle of the body. Be prepared to burn through the best 45-minutes of your day and get your PUMP on!*

Vinyasa Yoga

*Each class will start with an uplifting theme. Vinyasa-style classes flow from one posture or pose to the next following with one's breath. This class will focus on flowing through one or two postures before moving on to the next sequence.*

TRX, Ropes, & Med Balls

*Get ready for a full body, high intensity work out utilizing TRX, kettlebells, battle rope, and slam balls. This class is designed to improve endurance, power, strength and mobility. Join Matt and get your sweat on!*

BURNOUT Bootcamp

*Jump into this class if you're looking for a heart-rate kick exercise using a combination of TRX, kettlebells, battle ropes, and slam balls. On occasion, you may find yourself pushing to your max on a treadmill, as well! All ability levels are welcome!*

Cardio & Core Blast

*Join Breanna for this 35-minute cardio & core blast! This class will target cardio health with heart rate elevating interval training. Each class will incorporate a core blast that is sure to make you feel the burn!*

Strength + Core & More

*Get ready for a total body strength training workout. A variety of equipment will be used that will target all your muscles, including core and balance challenges. Bring your water bottle!*