

BODY BLAST:

Get ready to blast your fitness to the next level. This class is a high energy, total body workout aimed at improving your cardio, strength, and core.

- **Format:** Each song will focus on a specific training principle and be inspired by any and every sport.
- **Level:** All fitness levels welcome

STEP UP:

A traditional choreography based step class that is high intensity, yet low impact.

- **Format:** Get ready to move up, over, and around the step as we work our way from basic to more intricate footwork. Develop your legs, improve your coordination, and give your cardio endurance a boost.
- **Level:** All fitness levels - step height and movement patterns can be modified to fit.