

## Virtual Class Descriptions

**Body Sculpt:** A challenging and dynamic whole-body muscle conditioning class utilizing free weights and your own body!

**Boot Camp:** Join us for a conditioning class that consists of callisthenic cardio activities with alternating segments of weight training while utilizing weights.

**Butts N' Guts:** A 30-minute class that focuses on abs and glutes.

**Kickboxing:** A popular training program that is a fun, action-packed workout that combines martial arts, boxing, and cardio moves.

**Tabata:** A high intensity interval training workout with cardio moves, body weight exercises, and utilizing hand weights.

**Power 30:** An upper body strength, and endurance class for all ages and levels focused on muscle building and body toning.

**Low Intensity Interval Training:** This low impact class is designed to improve mobility, strength, and endurance, all while keeping your heart rate up.

