

## Class Descriptions

### **POWER YOGA**

Develop strength, balance and flexibility in this 60 minute intense class. Learn how to use your breathe to control the powerful movements your body will experience.

### **U-JAM**

U-JAM fitness is an athletic hip-hop dance fitness workout for all ages and fitness levels. U-JAM unites world beats and urban rhythm with high energy, easy to follow moves that will make you forget you're working out. Check out a class and experience the latest fitness craze to hit the Bay area. You will be addicted after your first class.

### **PILATES FUSION**

Full body Pilates mat-based workout using a combination of Pilates and Athletic training. Workout designed to help participants develop leaner, longer-looking muscles, establish core strength and stability, and heighten mind-body awareness. Props are incorporated to add variety. Class focuses on breathing, cardio, concentration, presence, balance, flexibility, muscle development, flow, Fitness and core strength.

### **POWERFIT**

Using strength from top to bottom using a combination of weights & cardio to efficiently burn calories. The challenge of cardio, strength training in 1 hour of sweat filled fun!

### **TOTAL BODY CONDITIONING**

Tone and define your entire body using the ball, tube, weights and bars. This challenging and fun class will have your looking your best in no time!

### **CARDIO CORE**

Enjoy energy building cardio and strength training for your core all in one fun class!

### **BOOT CAMP**

Combination of cardio drills and muscle conditioning exercises to provide you with the ultimate workout. We want to keep you guessing and challenge you differently every class!

### **SPIN**

One hour of pure cardiovascular training on indoor bikes with great music and a stretch to follow.

### **RESTORATIVE YOGA**

Focuses on relaxing the body in postures that renew and heal the body; a supported, conscious body/mind relaxation practice. This class will help improve strength, flexibility and alignment. Restorative poses offer benefits to both the body and mind, for conditions ranging from insomnia, asthma, chronic pain, migraines to depression. All levels Welcome!

### **PIYO STRENGTHENING**

This class combines the challenging moves found in both Pilates and Yoga. This is sculpting class that builds strength, not bulk. Lean strength focused moves that will engage your body and mind, whole improving flexibility and agility.

### **STEP/SCULPT**

Sweat and burn calories with fun intermediate step choreography to tone and define your entire body with sculpting moves.

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### **ZUMBA**

An exercise that involves dance and aerobic elements incorporating hip-hop, samba, salsa, meringue, mambo, martial arts and Bollywood belly dance moves.

### **PRE/POSTNATAL**

Class focus on strengthen legs, hips, arms and core. The class focuses on jump starting your metabolism with exercises that get every muscle moving to burn fat and calories.

### **GET FIT STAY FIT**

Move to the music of a variety of exercises design to increase muscular strength, flexibility, balance, range of motion and coordination using handheld weights, resistance band, ball, BOSU and step.

### **T BOOT CAMP**

4 (Mini T Boot Camp)and 8-week program combines boot camp fitness with High Intensity Interval Training. A workout you can get done in half the time, and boost metabolism to keep burning calories for hours after the workout is over. It's a calorie burning, fat blasting, body sculpting, abs toning, and booty kicking workout for all fitness levels.