

Class Descriptions

INDOOR CYCLE/SPIN

More than just a workout! Spinning combines a foundation of basic cycling movements, motivational coaching techniques and *breathing awareness*. *Great cardiovascular training on indoor bikes with great music, lots of energy to help you make the most out of your workout.*

WARRIORS ON WEIGHTS

Education and weight training instruction techniques, flexibility guidelines and healthy body mechanics. Musculoskeletal and other assessments. Exercise programs to achieve your goals. Professional guidance from fitness specialists. Biomechanical evaluation.

HIIT CAMP AND CORE

Get fit with 35 mins high intensity interval training followed by 15-20 minutes of Tabata core stabilization & strengthening exercises. This class is differentiated to meet multiple fitness levels.

TOTAL BODY STRENGTH

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

CIRCUIT/STRENGTH

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!

STEP/SCULPT

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

PRE/POST NATAL FITNESS

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. Special attention and instruction is given to Pre/Post Natal Women.

TURBO KICKBOXING

This format will have you kicking, punching and grooving away the calories in an action-packed, high cardio, effective cardiovascular workout. Be prepared to have fun and work up a sweat!

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.

PRE/POST NATAL CIRCUIT

Interval training and circuit style class. It's a calorie burning, fat blasting, body sculpting, abs toning, and booty kicking workout for all fitness levels. Special attention and instruction is given to Pre/Post Natal Women.

PRE/POST NATAL SPIN

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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!

HIP HOP DANCE

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. A dance fitness workout for all fitness levels.

ZUMBA

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

KAJUKENBO

An American hybrid martial art derived from various art forms. KA for Karate and Tang Soo Do Korean Karate, JU for Judo and Jujutsu, KEN for Kenpo and BO for Western and Chinese Boxing. Customers are encourage to come to a session to meet the instructor. All experience levels are welcome 18 years and up.