

FIT FACTORY

*****All classes are 55 minutes in length unless specified as a 45 minute Express class*****

FIT Total Body Burn - Sculpt your body from head to toe. Using light weights and high repetition, our instructors will assist you in creating lean muscle and burning body fat. Short bursts of interval, plyometric, and endurance training will maximize this workout.

FIT Treadmill Bootcamp & Core - Anyone can run! Grab a friend and try out this unique fitness class. Focused on interval workouts mixed with both speed and distance, this class will push runners experienced or brand new without burning them out. About 40 minutes into your cardio and it's time to target your core. Improve your endurance by adding this into your weekly workout routine.

FIT Barre - Barre is a unique, low impact exercise class that combines ballet technique, mat Pilates work and light weights. Toning and resistance exercises will work to elongate the appearance of your body.

FIT Cycle - Get your cardio in! Our certified instructors will guide you through various types of terrain in an indoor setting. Set to music, this fun class focuses on endurance, strength and intervals. Burn max calories on our special stationary bikes with weighted flywheels. Let us motivate you!

FIT Kickboxing & Abs - Come try one of the most popular fitness trends! This class is a combination of cardio, boxing and martial arts providing a total body workout which aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance. Conditioning the core for 15 minutes is the perfect way to conclude the class. Kick and jab your way to a fitter you!

FIT Pilates - This mat workout is based on techniques developed by Joseph Pilates which includes concentrated work on core strength, body alignment and muscular balance. The overall goal of Pilates is to lengthen and tone the muscles of the core without adding bulk. If you are looking for that long, lean dancer body, this is the class for you.



- Latin inspired, this dance fitness class will have you sweating in minutes. Join this addicting and fun “dance party”. Burn up to 500 calories per class! Get lost in the music and enjoy the energetic atmosphere while you work your cardio and tone head to toe.

FIT Relax & Restore Yoga - Join us for a slow, mindful flow while you stretch and settle your body. Focus on deep breathing techniques and relaxing poses that will ease your body into a restful state at the end of a long day.

FIT Flow Yoga - A balanced Vinyasa Yoga practice, relax and move with dynamic breathes. Challenge your body and mind in this great class. Soft music and a certified instructor will help you stretch, strengthen, and invigorate the mind, body, and soul. Practice at your own pace, great for all levels. Namaste!

FIT H.I.I.T. N Weights - Looking for a little of everything in your workout? Jump in this high intensity interval training class and get that heart rate pumping while burning max calories. Then grab onto your barbell and go! Combine this fast paced class with hit music and you won't want to stop this workout.

FIT Butt/Gut Blast - Tighten and tone your glutes and core using barbells, dumbbells, steps, gliding discs, and more. Reshape and burn fat in this low intensity class. Get ready to see results.

INSANITY

- This class will push you past your limits! With athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training, you will work your body head to toe. No equipment or weights needed. You don't have to be in extreme shape— levels of each exercise are provided. Time to dig deep!

FIT Cardio Barre - A fun, high energy/no impact exercise class that combines barre work and lightweights with continual fat burning motion. Toning and resistance exercises will target the butt, legs, torso and arms to sculpt muscles and elongate the appearance of your body.

FIT Stretch Express - In this 45 minute class we will focus on using Yoga and Pilates technique to gently target specific body areas in need of a good stretch. This controlled and self monitored class will help heal troubled muscle areas while connecting the body and mind. Work on your flexibility and enjoy the relaxing atmosphere.



- Buti Yoga is a calorie-scorching workout fuses power yoga with cardio-intensive tribal dance + body sculpting primal movement. Buti Yoga utilizes the Spiral Structure Technique to sculpt + tone the deep abdominal muscles that stabilize and strengthen the body. **THE RESULT** - long, lean muscle with sexy feminine curves.

FIT Barre & Burn - FIT Barre and Burn will use classic Barre technique while incorporating cardio dance and light weights. Plies, Tendu's and small jumps will get your heart rate up in this low impact, dance inspired class. Then grab your weights for upper body and core strength to help tighten and tone head to toe. Finish with a wonderful Barre stretch.

Club Caliente - Looking to spice up your current dance fitness experience? Join in on this motivating, fun, and energetic dance based PARTY. With multiple genres of music such as Hip Hop, Reggaeton, Dancehall, Nightclub hits and more, you won't want to stop moving to these easy to follow routines. Leave class feeling extra spicy!

Barbell FIT - Barbell FIT is for everyone. Using light to moderate weight with high repetition, you will get a great total body workout using a barbell and plates. All levels are welcomed and encouraged to gain strength and endurance as weight selection can be adjusted.

FIT H.I.I.T. Express Cycle - Looking for fast results? Join us in our 45 minute High Intensity Interval style Cycle class where you will combine quick bursts of hard work followed by short rest periods. Push yourself in this low

impact, yet intense Cycle class that will leave you motivated and burning calories for hours. Challenge your body and mind with our Fit HIIT Cycle.

FIT Cycle & Abs - Combine our high energy FIT Cycle class with 15 minutes of intense core strengthening. You will not be disappointed!

FIT Hatha Yoga - FIT Hatha Yoga is very gentle in its approach and therefore, not as strenuous as the other practiced forms of yoga. Because of its innate gentle nature, this format is perfect for those who cannot meet the demands of physically straining exercises. Perfect for all levels.



MIXXED FIT® - MIXXED FIT® is a people inspired dance fitness program that incorporates explosive dancing and bootcamp toning. Set to nightclub hits, this unique and easy to follow class will help you burn maximum calories and sweat while having fun. Give it a try today!



PILOXING® - PILOXING uniquely blends two of the industry's most powerful and timeless disciplines of Pilates and Boxing, PILOXING adds a third element of dance into this high-energy interval workout. This dynamic program moves through heart-pumping, powerful boxing combinations to sculpting and lengthening Pilates-influenced movement to 'let your GO' dance releases, and back around again. Never have you enjoyed sweating this much!

FIT Yogalates - FIT Yogalates combines the best of both worlds, Yoga and Pilates. This class will focus on proper form, control, alignment, and breathing. Participants will work on strengthening the core, which is also known as the powerhouse of our bodies. Flexibility and toning exercises will condition all aspects of the body. This class is a must try for all levels!

FIT Kick & Barre - Combining two styles of movement is a great way to make a stale routine seem new. These seemingly incompatible workouts are actually the perfect pair, offering flexibility, core, cardio, and strength training in one! Join our talented instructor for a unique and fun Kickboxing/Barre combo.

FIT H.I.I.T. N Strength Circuit- To see results from exercise, it's important to switch things up from time to time and push yourself to a safe edge. In just 45 minutes this class uses circuit training principles including unique HIIT drills and compound strength training. Engage with other members in this group driven workout that will challenge you physically and mentally.

FIT Step & Sculpt - Mix together a great step workout and intense muscle conditioning using weights then finish with core toning and you get our FIT Step & Sculpt class.

FIT Row & Sculpt-In our FIT Row & Sculpt format, 45 minutes is all you need to target all the major muscle groups, boost that metabolism, and tone your entire body! Alternating rowing intervals with sculpting exercises in a timed interval format will make for the perfect blend of cardio and strength training. Let our trained staff share this unique format that will tone your body head to toe.

FIT Row & Core - FIT Row & Core is a challenging 45 minute class that targets all aspects of the core and improves your endurance. Alternating rowing intervals with a variety of mat based ab exercises will burn calories and build core strength.

FIT Row & Ride - Get ready to sweat and tone during this 60 minute class merging two of your favorites-Cycle and Indoor Rowing. Spend the first half of class in our beautiful Indoor Row Studio. Using more than 80% of your muscles during this portion, you will burn through calories while lengthening and toning a variety of muscles. Jump over to our Cycle Studio which is just steps away for the remainder of class. Set to the beat of high energy music, our instructors will lead you through an intense cardio blast on our Cycle bikes that will leave you feeling accomplished but never defeated.

FIT Tighten & Tone - Tighten & Tone is a unique low impact class focusing on using body weight exercises and mini bands to reshape and firm up your body. This head to toe class does not include cardio but more mat based strength and conditioning that will ignite your muscles. Enjoy a 15 minute stretch and flow sequence similar to Yoga, for a relaxing end to class.

FIT For Life - A total body conditioning class that will keep you active and healthy. Move at your own pace while increasing strength, improving mobility, and boosting your cardiovascular system without stressing or straining your joints. Perfect class for all levels of fitness !

FF CardioFIT - Get your heart rate up moving to aerobic...with a modern flare. Take effective, traditional cardio exercises and incorporate weight based training for a 30/30 style fitness class. Strength conditioning will keep you healthy and relaxing stretching will calm your body and mind. Have fun in this low impact class great for all levels.

Stretch and Tone: Combine low impact Yoga, Pilates, and Barre technique to condition long lean muscle while improving balance and flexibility. Proper breathing techniques to reduce stress and promote wellness will be a highlight during this class. Allow yourself to relax while toning head to toe.



POUND IS THE WORLD'S FIRST CARDIO JAM SESSION INSPIRED BY THE INFECTIOUS FUN OF PLAYING THE DRUMS! Using Riptix, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Burn up to 900 calories in this class!



PiYo isn't like standard Pilates and yoga classes that make you hold long, intense poses, or lead you through dozens of repetitive, microscopic core movements. PiYo speeds everything up—including your results—by introducing you to dynamic, flowing sequences that can burn serious calories at the same time as they lengthen and tone your muscles and increase your flexibility. Join today!



Kick It® is a 13-round fitness class that is music-driven, sweat-inducing, and kickboxing-inspired. Each round is specifically choreographed to energizing music, which is the driving force behind the class.

FIT Row & Run - Build your endurance and amp up your cardio during our 55 minute Row and Run class. Alternate between running short, quick, distances and condition your body on our indoor rowing machines using your max effort. This class will keep you sweating and burning fat throughout the day. Test your speed!

Sculpt & Groove - Sculpt & Groove is an interval style class incorporating total body resistance training (with limited equipment) and high-energy, easy to follow segmented dance routines.