

# Class Descriptions



**Total Body Blitz:** A choreographed strength training class that is suitable for all levels of experience. A rapid fat-blasting workout designed to condition and tone muscles using dumbbells, with focus on targeted muscle groups that deliver a total body shred.



**Yoga:** Yoga is a practice that links postures in a way that promotes a flow of energy. A group of postures may be linked together building on top of each other to create a deeper, fuller experience. This practice is energizing and creative so that no 2 practices are alike although the same fundamental poses will be present. Beginner to advanced levels welcome. Participants must bring their own yoga mat.



**StrongerU:** This strength focused class is designed to work all your major muscle groups. The class uses a variety of equipment including dumbbells, kettlebells and body bars. You will improve your muscular power, strength and endurance. This class is sure to appeal from the novice to the advanced as you are guided on improving your own personal fitness. \*No burpees will be done in this class.