

Session	Description
Afro Caribbean	<p>Combine the warm Jamaican sun with the rhythms of West Africa and the movements of the ocean you have the essence of the Afro-Caribbean workshop.</p> <p>Join African dance artist, Zumba Jammer and Caribbean dance enthusiast Marquetta for a heart pumping joyful and energizing journey through dance.</p> <p>With quick breakdowns coming before some of your songs, this workshop gives you the chance to really get the moves into your body. From west African drums, dancehall vibes to Afrobeat, you never know what vibe you'll get next, but you know it will be a good one!!!</p>
Aqua Zumba	<p>Blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.</p>
Barre	<p>Barre is a form of exercise that employs movements commonly found in Ballet, Pilates, and Yoga. Many Barre moves involve classic ballet techniques to work out your entire body, often with the aid of a barre or chair. These high-intensity, low-impact movements target muscle groups with small bursts of intense, isometric movements and dynamic stretching.</p> <p>Adding a ballet-inspired barre workout to your wellness routine can help you improve your balance, sculpt your body, and improve your overall strength.</p>
BootySculpt	<p>Bootysculpt is a workout that primarily focuses on the glute and abdominal regions of the body. Although the glutes and abdominals are the main focus of this particular program, all muscle groups are targeted during this class.</p> <p>Bootysculpt is unique in that we combine elements of body weight strength, barre, Pilates, and light cardio to complete this workout. The equipment we use consists of, but is not limited to, 2-5lb weights, a Pilates ring, a band, and a yoga mat. During each block of work, we focus on a different part of the body while keeping Glutes as the primary engaged muscle region. The ultimate goal of each block of work is to completely fatigue the muscles to create observable physical results.</p>

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Chair One	<p>Chair One Fitness a comprehensive chair-based dance fitness program. Our program was created for individuals who have complications standing during a fitness regimen. This includes senior citizens, people with balance deficits, injuries, disabilities, or suffering from obesity. It is designed to keep individual's mobile to ensure they remain progressive in daily function and/or recovery. This program delivers a fun, musically driven, interactive, full body workout that uplifts people through dance and fitness movements.</p>
Commit	<p>COMMIT Dance Fitness is a dynamic, fun-filled HIIT-style workout that focuses on essential fitness elements created to a variety of popular music, from all over the world, that will inspire everyone to get moving.</p>
Cooking For Fitness	<p>Learn what's in the kitchen of health. Not a nutritional class but a cooking healthier class. We would like and inspire you to cook at home more. This class, we will share our class information and how you can continue to change lives in the kitchen. Of course, sample some goodies.</p>
Core Fusion/Piyo	<p>CoreFusion/PiYo are combined classes that can be described as this: CoreFusion is devoted to working the Core, working on Balance, upper and lower body strength, and overall flexibility. Intermittent use of weights and bands is encouraged. The focus is building up a body dynamic of functional daily fitness. PiYo involves sweat, stretch, and strength in a low-impact, body-sculpting workout. It cranks up the intensity and speed of traditional Pilates and Yoga to help shape sleek arms, flat abs, and a lifted butt - no equipment needed.</p>

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EDM Body Fitness	<p>EDM BODY FITNESS™ is a dance-to-tone party workout that ignites your inner DJ and invites all party starters to the dancefloor!</p> <p>A class that remixes dance, fitness and weights to electronic dance and club beats. Feel the bass that ignites the buildup of energy levels through easy-to-follow progressive moves. Ohh and we like weights too!</p> <p>Experience the workout where people build self-confidence, self-exploration, freestyle and get that endorphin-release that music and movement ignites! We'll meet you on the dancefloor!</p> <p>Connect with us on Instagram/Facebook @edmbodyfitness</p> <p>EDM BODY FITNESS™ is a Latina-Founded fitness company based out of Phoenix, AZ. Inspired by movement, the EDM scene, a love for DJ's and powered by fitness...We are more than a workout. We are a self-confidence builder, a therapeutic release, a social experience meant to be shared amongst friends, to create friends, or just a "Meet you there!" invitation from that random fitness instructor on last week's post!</p> <p>Want to join the Party Starter crew? Our Party Starter Instructor Program opens registration this Summer 2022. For information and invite please email Hilda Young at Hilda@edmbody.com</p>
Fitkizomba	<p>Fitkizomba is the only Mind, Body and soul Kizomba dance class in the world!</p> <p>It is inspired in music and dance moves from a musical genre originating in Angola in 1984 called Kizomba.</p> <p>Fitkizomba provides a slow paced muscle engaging and non impact type of dance class for participants to create body awareness, muscle isolations and connection with oneself: The mind, the body and the soul together as one.</p>
Flex Focus	<p>Strength training using bodyweight and equipment for a dynamic total body conditioning.</p>
HIIT Challenge	<p>HIIT Challenge is a comprehensive blend of strength, cardio, and resistance workouts organized in minimal-rest circuits. Each interval provides a new target with just enough active-rest to transition into the next exercise. This workout dares you to dig deep with constant movement, focused breathing, and muscle isolation for a full-body challenge you'll be proud you accepted!</p>

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It's Getting Hot in Here	<p>Continue to Slay as You AGE and break the silence around MENOPAUSE! This class will change your mind set about the "Change of Life". Learn about hormones, unexplained weight gain and why menopause is way more than Hot Flashes. If you are over 40, this class is a Must-Have in your arsenal as you approach mid-life. Menopause is not a mid-life crisis; it is a mid-life evaluation. Let's see what you are going to do with the 2nd half of your life!</p>
LEVEL UP	<p>Your teaching style is your bra your next Fit-Gig! Ready to level up your cueing, showmanship, and engagement in your classes or events? Join this workshop to learn techniques to create a lasting impression of impact in the G-fit room, studio or</p>
Line Dancing	<p>An easy, fun, cardio dance workout with no dance skill required! Each routine incorporates a sequence of choreographed dance moves that you do in a line, without a partner. Come dance to some old favorites and/or learn some popular dances while getting a full body cardio workout. Line dancing is for everyone.</p>
MixedFit	<p>It is a people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning.</p>
MUSE: The Experience	<p>Muse: The experience is a full body toning experience designed to bring out the temptress in you. More than a workout, it's a self-love expression designed for all levels that prepares you to display an experience for your significant other, or just for you to feel incredibly alluring. Heels, coordination and/or experience aren't required or necessary. All you need is an open mind not to take yourself too seriously & your authentically gorgeous self!</p>
Refusal to give in Resistance Bands	<p>Refusal to give in Resistance Band Training is devoted to keeping you mesmerized by the music so your muscles will refuse to give in. Creating a nostalgic atmosphere with old school R&B, hip hop, 80's and Afro beats will make you forget about the burn. Everyone has different strength capabilities, so the adjustable resistance bands allow you to adjust to your comfort level. Focusing on thighs, glutes, calves, core and balance. Hand weights along with bands is also encouraged. Feel the burn with a grin but don't GIVE IN!</p>
Strength & Power	<p>Bring the weight room to the studio! A strength training class specifically choreographed to use barbells and your own body weight to maximize your strength and define the muscles of your body. Each part of your body will get worked separately. Be prepared to leave the class feeling truly strong. Bring the power!</p>

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STRONG Nation	<p>STRONG Nation® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. Introducing Music-Led Interval Training With most workout programs, music is an afterthought. The music in STRONG Nation was crafted to drive the intensity in a challenging progression that provides a total body workout. The result? A group fitness experience like no other.</p>
Turn Up Dance Fitness	<p>The Turn Up is more than just a dance fitness format; it's a movement, to evolve unapologetically, live loudly, dance ruthlessly and OWN our greatness together, while we take our fitness to the next level as we turn all the way up! By combining dance with elements of fitness (dance, HIIT, Toning, and Active Recovery-- #CoreFour) in a culture that fosters teamwork, community, and energy we are able to connect and use our workout as therapy, a release, happy hour for that matter, as well as a way to stay active, healthy, and get physical results!</p>
U-Jam	<p>U-Jam Fitness® is a cardio dance fitness format that unites world beats with urban flavor as each class feels like a dance party that takes you around the world from Hip Hop, to Bollywood, to K-Pop, and even Old School. U-Jam is a judgment-free format that is for everyone, and you get to choose the level you want to do your fitness. Lace up your kicks and come let the music drive you.</p>
Urban Boot Camp	<p>It is a High-Intensity Interval Training (HIIT) class that incorporates a variety of calisthenics, weight training, and basic hip hop moves to create routines that are motivating, fun and challenging to a mix of hip hop music.</p>
Weight Management 101	<p>An interactive and informative discussion about the Weight Management Skills, which include motivational strategies, SMART goal setting, positive reinforcement (give yourself credit), mindful eating, mindful exercise and emotional eating, strategies. Participants will leave the session with effective, efficient and affordable strategies for managing their weight.</p>

Session	Description
World Rythmz Fitness	<p>World Rythmz Fitness is A High-Energy Crazy Exhilarating Uplifting Dance Fitness Calorie Burning Workout that uplift your spirit established 12/15/2019.</p> <p>WRF features Music & Moves that incorporate your favorite most common World Rhythms from Afrobeats Latin Rhythms Brazilian Funk HipHop Soca Dancehall Folklore and Popular Fusion Music & many more.</p>
Xtreme Hip Hop	<p>Xtreme Hip Hop (XHH) are very fun, energetic, and explosive step aerobic workouts set to old and new school hip hop music with a swagged out appeal.</p>
Yoga	<p>The practice of Yoga is well-demonstrated to reduce the physical effects of stress on the body. Yoga can ease pain, improve flexibility and mobility, increase strength and circulation, and can help with weight management. The meditative effects of a consistent Yoga practice help many cultivate inner peace and calm.</p>
Zumba	<p>Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Includes styles such as Salsa, Reggaeton, Merengue, Soca, Cumbia, Hip Hop and more. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.</p>
Zumba Toning	<p>Zumba Toning raises combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs.</p>