



GAINS FIT Retreat Virginia Beach 2024 Session Descriptions

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 Blast	This class is a combination of cardio and strength training intervals from moderate to high intensity using music.
Aqua Tabata	Aqua Tabata is a HIIT training format with a very specific structure and timing. Each Tabata round includes 8 cycles of 30 seconds work, followed by 10 seconds rest to urban and soul upbeat music.
Aqua Zumba	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.
Boot Camp	A HIIT inspired workout, you will train your strength, cardio and endurance with a variety of exercises involving weights. Modified exercises will be available so everyone is welcome to join! Bring water and a towel because Coach Harrie will put you to work.
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. 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>



GAINS FIT Retreat Virginia Beach 2024 Session Descriptions

Session	Description
Built to Worship	Built to Worship (BTW) Dance Fitness develops an atmosphere of praise, edification, and fitness. This dance fitness class includes a dynamic playlist of clean music that uplifts the spirit and honors our almighty God! Average calories burned in a BTW Dance Fitness class are between 500-800 calories (varies per person).
Chair One CIRCL Mobility	Chair One Fitness is a fun chair-based dance fitness program designed to keep people moving no matter their age or ability. Our students include seniors, wheelchair users, those with arthritis, people who are obese and just need something to get them started on their fitness journey, and more. We are the fitness program that greets people with a smile, meets them right where they are, and gets them moving.
Commit	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.
Cooking For Fitness	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.
Core Fusion/Piyo	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.
Feels in Heels Fusion Fitness	Feels in Heels is an experience that invites you to elevate to the next level while owning all the feels. During this cardio dance class, you will be invited to own and bring out the INNER-DIVA in you, while feeling, loving and owning all that you are. Heels are optional.
Guided Run	Join experienced marathonist on a guided run on the beach.
Hula Hoops	Experience the hula hoop with a twist, where no previous hula hoop experience is required. Join this fun innovative class that is sure to bring a little challenge to your muscles, maybe a sprinkle of sweat, but definitely a lot of smiles. Let's step out of the box and into the circle!



GAINS FIT Retreat Virginia Beach 2024 Session Descriptions

Session	Description
It's Getting Hot in Here	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! We will have a short strength circuit training session with the top strength trainig exercises for women over 50.
Line Dancing	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.
M. A. D Swag w RSWAG	M.A.D Swag w/RSWAG is a mixture of Afrobeats & Dancehall... simple Caribbean inspired moves that will bring out the rSWAG in you... so be prepared to "let go" and feel the music... ONE LOVE
MixedFit	It is a people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning.
MUSE: The Experience	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!
Refusal to give in Resistance	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!
Strength & Cardio Fusion	A high-energy class that will combine alternating intervals of cardiovascular and strength training for a full body workout.
Strong Nation	STRONG Nation® combines body weight, muscle conditioning, cardio, martial arts moves, and plyometric training moves synced to original music engineered and produced by world-renowned music producer Steve Aoki and 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.



GAINS FIT Retreat Virginia Beach 2024 Session Descriptions

Session	Description
Turn Up Dance Fitness	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!
U-Jam	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.
Weight Management 101	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.
Xtreme Hip Hop	Xtreme Hip Hop (XHH) are very fun, energetic, and explosive step aerobic workouts set to old and new school hip hop music with a swaggered out appeal.
Yoga	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.
Zumba	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.