



GAINS FIT Retreat Virginia Beach 2025 Session Descriptions

Session	Description
Afrobeats	<p>Afrobeat dance is a dynamic and energetic style originating from West Africa, particularly Nigeria and Ghana. It incorporates elements of traditional African dance, hip-hop, and contemporary movement, characterized by rhythmic footwork, fluid body movements, and expressive gestures. Afrobeat dancers often emphasize syncopated rhythms, hip isolations, and storytelling through movement, reflecting the vibrant and diverse cultural heritage of Africa.</p>
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 Dance	<p>Aqua Dance is a fun water aerobics exercise class that takes the work out of the exercise. It is instructor led pre-choreographed movements matching music that is fun and exciting.</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>
Boot Camp	<p>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.</p>



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BootySculpt	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.
Box Fit	Boxing pad drills and Calisthenics (body weight exercises)
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).
Buti Yoga	Buti features 7 somatic movement formats that intuitively blend primal movement with dynamic cardio sprints and cross-body integration.
Chair One	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.
CIRCL Mobility	Based on the science of functional movement, CIRCL Mobility™ focuses on flexibility, breathwork, and mobility exercises. CIRCL Mobility™.
Coast 2 Coast Dance Fitness	Dance fitness session blending multiple dance formats bringing you vibes from Coast 2 Coast.
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.



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Core Fusion and 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.
Guided Run	Join experienced marathonist on a guided run on the beach.
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!
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!
Nik at Night Club Fitness	Nik @ Night Club Fitness is Dance Fitness merged with the Night Life. It creates a positive atmosphere where people can have fun and dance/mingle/get healthy, all while enjoying a club-like environment. It transforms any ordinary dance fitness class into a Night out.
Pound	Channel your inner performer and rock your body with this modern-day fusion of movement and music. Drum along to a slammin' soundtrack using Ripstix™ - weighted drumsticks designed to transform drumming into a kick-ass, fat burning, full body interval workout that will leave you dripping sweat.
Strength & Cardio Fusion	A high-energy class that will combine alternating intervals of cardiovascular and strength training for a full body workout.



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Strength and Strut	<p>This session is geared to women 40 years and up.</p> <p>As we age our hormones slow down in processing estrogen, progesterone and testosterone which make us prone to weight gain and the dreaded belly fat.</p> <p>You can be the most active person and maintain a cardio routine, but still find that you are gaining weight around your midsection and becoming less flexible or notice balance issues.</p> <p>This 45 minute class is designed to teach you targeted strength training exercises in a circuit format while you learn more about hormonal changes as you age.</p>
Stretching Mobility & Meditation	<p>Session combining stretching, mobility and meditation.</p>
Strong Nation	<p>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.</p>
SWEAX♡LOGY	<p>SWEAX♡LOGY is a movement collective that combines music, mindfulness, and mahal (love) to reach our overall fitness goals. We focus on sharing the method of Dance, Intensity, Vibe, and All-Out (DIVA) styles of choreography: blending cardio, strength, and flexibility techniques in various levels of impact and energy which creates diverse ways to express our SWAG and our SEXY - aka the Sweaxperience. We strive to connect with and support our community while we build awareness and confidence in ourselves on our wellness journey.</p>
SWEAX♡LOGY Femme Chair	<p>SWEAX♡LOGY™ Femme Chair is a fun and empowering movement workshop designed to explore and express our sweaxiness! We incorporate chair choreography and poses, burlesque and freestyle dance techniques, and floor work (optional) - all blended into a unique routine to varying genres of music that will make you feel the BEST YOU in this Sweaxperience. You can wear kicks, heels, or go barefoot - whatever fits your individuality and feels good!!</p>



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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!
Turn up and Tone	Turn Up & Tone combines the energy & fun of dance fitness, the power & challenge of strength training, and the specially curated community/team environment, into a results driven formula that will leave everyone wanting more.
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.
We Stick Together	Each fitness session is seated using neoprene sticks combined with high energy music to facilitate aerobic and anaerobic movement. The movement follows the ADL's (Activities of Daily Living) to meet the emerging needs of seniors and stimulates all age groups by using hand eye coordination, core muscles and large muscles such as quadriceps with core. When you combine high energy music to the movement it becomes a fitness party that reaches target heart rates to increase cardio activity. The muscle training is designed to get the body into fat burning mode. This is a complete total body workout that ends in a cooldown and super stretching finale!!
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 swagged out appeal.



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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.