



GAINS FIT Retreat Las Vegas 2026 Session Descriptions

Session	Description
Afrobeats	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.
Booty Bands	Get ready to feel the burn! Booty Bands targets the glutes and lower body using resistance bands to activate, strengthen, and sculpt. Expect a mix of controlled, high-rep movements—think squats, lunges, pulses, and bridges—designed to build strength and improve muscle endurance. Modifications will be provided for all fitness levels, so you can challenge yourself safely and leave feeling strong.
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.
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.
Feels in Heels	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.
Groov3	GROOV3 is a choreographed, non-stop dance party. It's a combination of hip-hop, funk, pop and groove. It's movement that should feel good in your body, and that you could take anywhere
Guided Run	Join experienced marathonist on a guided run on the beach.
HARD	Release your inner badass with this high energy; high impact blend of kicks and punches set to upbeat music. The perfect combination of martial arts, boxing and cardiovascular training, mixed with all the hip action and booty popping. Let your inner Beyoncé meet your inner Jackie Chan!



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HIIT	This HIIT session delivers a full-body workout using timed intervals of high-intensity effort followed by short recovery periods. Expect a mix of cardio and strength-based moves designed to boost endurance, build strength, and elevate your heart rate—fast. Modifications will be provided for all fitness levels, so you can work at your pace while still getting an effective, sweat-filled burn.
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.
MixedFit	MIXEDFIT® is a people-inspired fitness program that combines explosive dance movements with bodyweight toning.
Pound	<p>Channel your inner rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums.</p> <p>Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.</p> <p>Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to rockstars of all ages and abilities.</p>
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.
SWEAX♡LOGY	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.
Total Body Sculpt	Total Body Sculpt is designed to strengthen and tone from head to toe using controlled, strength-focused movements. You'll work through a balanced mix of upper body, lower body, and core exercises to build lean muscle, improve stability, and increase overall endurance. Expect a steady burn, clear coaching, and options for all fitness levels—so you can challenge yourself and leave feeling stronger than you came in.



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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!
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.
XCO Latin by Jackie	XCO® Latin by Jackie is a fun, dynamic, and effective class that mixes Latin rhythms with athletic movements. It's not a dance class—it's a combination of functional training and cardio where “functional training meets fun.”
Xtreme Hip Hop	Get ready to bring the fun back into fitness with Xtreme Hip Hop, a high-energy, modern twist on traditional step aerobics! This class fuses full-body step routines with the infectious beats of hip-hop and R&B, creating a party-like atmosphere that welcomes all ages, cultures, genders, and fitness levels. Our mission? To make fitness exciting, empowering, and anything but a chore. In this session, you'll move, groove, and sweat to the rhythm while targeting every muscle group. It's all about good vibes, smooth moves, and serious calorie burn, all on the step board. Whether you're a seasoned stepper or brand new to the board, you'll leave feeling stronger, happier, and definitely wanting more. So come catch the beat, feel the energy, and step those calories off with us!
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.