



## GAINS FIT Retreat Las Vegas 2025 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.
Aqua Dance	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.
Aqua Zumba	Aqua Zumba is a high-energy, low-impact aquatic workout that integrates the fun and rhythm of Zumba Fitness with traditional water aerobics, offering a full-body workout that's easier on the joints while still providing a challenging exercise experience. This water-based class utilizes the resistance of the water to tone muscles and improve cardiovascular health, all set to upbeat, Latin-inspired music.
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.
Box Fit	BOXFIT is a moderate-high intensity session that introduces boxing fundamentals and training. This consists of boxing pad drills, boxing partner drills, circuit, strength, cardio, and 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).
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.
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 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.



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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!
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	MIXXEDFIT® is a people-inspired fitness program that combines explosive dance movements with bodyweight toning.
Strength & Cardio Fusion	A high-energy class that will combine alternating intervals of cardiovascular and strength training for a full body workout.
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	Session combining stretching, mobility and meditation.
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.
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.
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!



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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.
Xtreme Hip Hop	<p>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&amp;B, creating a party-like atmosphere that welcomes all ages, cultures, genders, and fitness levels.</p> <p>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.</p> <p>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!</p>
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.