# GAINS FIT Retreat Chicago 2027

## Session Descriptions

| Session Name | Session Description |
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| Bollywood Dance | Start your morning with the energy, rhythm, and joy of Bollywood! This upbeat session brings the vibrant music and expressive movements of Indian cinema to life through easy-to-follow choreography. From playful gestures to lively footwork, you'll move, sweat, and let your personality shine! |
| 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.<br>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. |
| Cardio Dance Party | High energy, follow the leader style dance party where you'll shake it to hip hop, pop and world beats |
| Caribe Fire | All experience levels are welcome, and no dance background is necessary. Come ready to feel the beat, embrace the energy, and unleash your inner Bollywood star! |
| 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. |
| 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. |
| DANCE FACTORY | Dance Is Therapy<br>Get ready to turn up the energy with DANCE Factory! This high-energy, feel-good dance fitness experience blends today's biggest hits, throwback favorites, and easy-to-follow choreography into a nonstop celebration of movement, music, and community. No dance experience required—just bring your energy, let go of perfection, and get ready to sweat, smile, and unleash your inner superstar!<br>More than a workout, DANCE Factory is where fitness meets freedom, confidence, and connection. Come for the cardio, stay for the vibes, and leave feeling stronger in your body, lighter in your mind, and recharged in your soul. |

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| Flirty Chair | Unleash your inner diva with Flirty Chair, a playful and empowering dance fitness session that's all about confidence, expression, and having a blast! This class uses a sturdy chair as your dance partner, blending sultry moves, sassy choreography, and upbeat music to help you feel bold and beautiful.<br>You'll learn fun routines that combine elements of jazz, hip-hop, and contemporary dance—all designed to boost your self-assurance and bring out your flirty side. No dance experience is required—just an open mind and a willingness to let loose!<br>Expect a supportive, judgment-free environment where everyone is encouraged to move at their own pace, embrace their individuality, and celebrate their body. Whether you're looking to spice up your fitness routine or simply want to try something new, Flirty Chair promises a session full of laughs, empowerment, and unforgettable fun.<br>Pull up a chair and get ready to strut, shimmy, and shine! |
| GROOV3 | A dance fitness experience that breaks down choreography step-by-step slowly, then builds it back up to tempo—so you can dance like a music video pop star. Each week brings a new routine fueled by non-stop music in a high-energy, welcoming space where you'll sweat hard and smile big." |
| Hype Hop Dance Fitness | Hype Hop Dance Fitness® is a high-energy, interactive group exercise program that fuses Hip Hop music and movement into a calorie-scorching dance party. Packed with heart-pounding beats, electrifying choreography, and a vibrant atmosphere, Hype Hop is the ultimate fitness experience. Hype Hop delivers full-body cardio, improved stamina and coordination, and increased muscle development through fun, follow-along movement. Gain confidence and become part of a thriving international community. We are Fitness That Feels Like A Party. Join The Hype! |
| 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. |
| Jump into Fitness: Double Dutch for all | Get ready to jump , move , laugh and have fun ! This exciting, high- energy Double Dutch fitness session bring back childhood memories while introducing s fun way to stay active. Whether you're beginner or haven't jump rope in years , everyone is welcome.<br><br>Participants will enjoy learning the basics of Double Dutch , improving coordination , building confidence and encouraging one another through movement . No experience is necessary just bring your energy , enthusiasm , and willingness to have fun !! |
| 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. |
| MixxedFit | MIXXEDFIT® is a people-inspired fitness program that combines explosive dance movements with bodyweight toning. |

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| Pom Squad | Join Captain SJ Sparkles (AKA Sarah Jane) in a wonderful positive and fun dance fitness party. You'll be dancing to today's hits and yesterday's favorites while smiling, sweating, and having so much fun dancing!<br><br>If you have a set of Poms, please feel free to bring them! Otherwise, Poms will be provided to use during class.<br><br>POMSQUAD™ is a super fun, immensely positive, high energy dance fitness class! You'll be shaking your poms while prancing, dancing, bending, and snapping to today's hits and yesterday's favorites. Inclusive, encouraging, and easy to follow classes are designed to maximize caloric burn while strengthening and toning the body. Featuring a variety of dance styles and unique choreography, there is something for every type of spirit leader in each and every class. |
| Pound | Channel your inner rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums.<br><br>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.<br><br>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. |
| Sensual Movement Dance Fitness | Sensual Movement Dance Fitness is a fitness class that incorporates sensual movements into an energizing workout. Move to the rhythm of the music while embracing your inner beauty, confidence, and self-expression. With intention, grace, and a little attitude, I'll guide you through the art of seduction through movement—so you sweat, move, and let your body do the talking. |
| Sound Bath | Relax, reset, and reconnect with yourself through a calming blend of guided breathwork and healing sound vibrations. This restorative experience combines intentional breathing techniques with the soothing sounds of crystal singing bowls and other therapeutic instruments to help release tension, quiet the mind, reduce stress, and promote deep relaxation.<br>Leave feeling refreshed, grounded, and renewed—mind, body, and soul. |
| 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. |

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| Sweat & Swagger Fitness | Sweat & Swagger: We Are the Club, Minus the Hangover<br><br>Remember when the dance floor was your cardio? Sweat & Swagger brings it back. Created by Joanna Cavalcante, this nationally certified cardio dance workout is set to throwback hip hop, dancehall, Afrobeats and today's bangers, from TRL days to whatever's blowing up your feed right now. The routines are easy to follow, the energy never drops, and nobody cares if you miss a step. You'll sweat like it's last call, scream every lyric, and walk out feeling like the baddest one in the room. No dance experience needed. Just bring your swagger (and maybe a towel). |
| SWEAXOLOGY | 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. |
| The Femme Chair Experience | The Femme Chair Experience is designed to cultivate feminine energy, body awareness, and mindfulness through sensual movement. We incorporate chair choreography, freestyle dance techniques, and floor work (optional). With combined elements of SWEAX♡LOGY Femme Chair™ and Muse: The Experience™ , you will learn a unique routine to express your authentically beautiful self! Heels optional, dance experience not required. |
| THRIVE DRUM CARDIO | A high-energy, choreographed, full body group fitness workout. We combine rhythmic drumming, music, fun and cardio vascular exercise while using drum sticks, utility buckets and stability balls. Let's MAKE SOME NOISE!!! |
| 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. |
| WUTA Dance | WUTA's signature dance fitness format, blending Afrobeatz-inspired movement, cardio, musicality, and joyful energy. Each class delivers a culturally respectful, full-body workout that builds confidence, connection, endurance, and freedom of expression. |
| Xco Latin by Jackie | What is ✕co Latin by Jackie?<br>Xco Latin by Jackie is a fun dynamic class that mixes Latin Rhythms with Athletic Movements where functional training meets fun. It's not dancing, it's Movement patterns. Each movement patterns has an effect on your body designed to improve your mobility and performance ability regardless of age or fitness level. The combination of Movement patterns activates the whole body with special emphasis on your CORE Participations can burn up to 39% more calories than in other conventional cardiovascular Workouts. As a unique attribute of our group fitness class, we use intelligent tools called xco trainers that were originally developed for prevention and rehabilitation. |
| Xtreme Hip Hop | 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. |

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| 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. |