



April 2021
Saturday Shake Up

April 3

9am Total Body HIIT – Rebecca
10am Pilates – Jessica

April 10

9am R.I.P.P.E.D./Rumble - Kristy M
10am Power Yoga – Jessica

April 17

9am Pound® - Dusty
10am Pilates – Jessica

April 24

9am CardioDanceParty - Krista
10am Power Yoga – Jessica

*Happy
Easter
Day*



April 2021

Saturday Shake Up Class Descriptions

Total Body HIIT- A high intensity interval training class combining cardio exercises and strength training. This 55-minute class will incorporate various methods of HIIT training for maximum calorie burn. All fitness levels welcome and low impact modifications will be shown.

R.I.P.P.E.D./Rumble - Resistance, Intervals, Power, Plyometrics, Endurance. The One Stop Body Shock is a “Plateau Proof Fitness Formula” that helps you to create continuity, consistency and challenge in each and every R.I.P.P.E.D. class. Rumble - is an authentic, yet simple to master, cardio mixed martial arts adapted for the group exercise environment!

POUND® - POUND is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Using Ripstix, lightly-weighted drumsticks engineered specifically for exercise, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, improving your health, and rocking out!

Cardio Dance Party - Dance inspired cardio workout. Super fun moving and grooving to great music. A Zumba alternative including Latin, Hip Hop, and Top 40 music.

Power Yoga - Vigorous fitness-based approach to vinyasa (flow) yoga that increases strength and flexibility. Designed for any level. Modification and variations will be offered.

Pilates - is a series of non-impact exercises designed by Joseph Pilates to develop strength, flexibility, balance, and inner awareness. Pilates is a form of strength and flexibility training that can be done by someone at any level of fitness.