



January 2024 Class Schedule

Tuesday

Cardio Dance

11:30am - 12:10pm

Cardio Dance – Mix of low and high impact exercises, fat burning zone, easy moves. Choose low or high impact cardio in this fun and sweaty session! Modifications will be given as we go through old school high low aerobics moves and combinations!

Core and More

12:15pm - 12:45pm

Core and More – Mix of core, pilates, abs and stretching.

Thursday

Tabata

11:30am - 12:15pm

Tabata – Type of high intensity interval training designed to get your heart rate up in that very hard anaerobic zone for short periods of time... 20 seconds of a very high intensity exercise, 10 seconds of rest