

HIIT: The high intensity interval training class combines athletic aerobic movements with strength and stabilization exercises to challenge your anaerobic threshold. Dynamic instructors and powerful music motivate everyone towards their fitness goals. No matter what your fitness level, you'll get fit, stay fit and get fitter!

BOOTCAMP: High energy workouts that will train you head to toe. It's packed in an hour long class. Cardio, strength drills, overall body sculpting, abs and more. Strengthen your entire body to reach a new level of fitness!

BUTTS & GUTS: This hour long class is sure to tighten your tush and tone your Abs. Targeting the butt, hips, thighs, and Abs. This class will give you curves in all the right places.

KICKBOXING I.T.: This high powered KB workout incorporates intervals of weight and strength training. Maximize your hour with high powered kicks footwork and strength.

KICKBOXING: Experience a powerful aerobic workout and develop correct techniques through movements including, strikes, punches, kicks and footwork. An hour of calorie blasting fun.

ATHLETIC YOGA: An athletic style yoga class that flows through a sequence of postures. You can expect a great cardiovascular and strength building workout.

CORE CONDITIONING: This 30 minute core class really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

MAXX FITT: Take your workouts to the max through phases of stability, strength, and power in this high energy class. With intervals of strength and conditioning exercises to accomplish a total body workout.

BODY ON THE BALL: This dynamic integrated stability class works the entire body using weighted medicine balls, stability balls, bands and more. Come see for yourself. Fitness meets fun in Body on the Ball.

R.I.P.P.E.D: Resistance, Interval, Power, Plyometrics and Endurance as the workout portion along with diet suggestions to help you attain and maintain your physique. One stop body shock.

POWERFLEX: This original barbell class will sculpt tone and strengthen your entire body, fast! Moving through the entire body using time under tension with hand weights and barbells. Great bodies aren't born, they are transformed.

POWERFLEX GOLD: Just beginning to make that lifestyle change? Then powerflex gold is perfect for you. Move through a total body workout at a slow moving entry level pace with added stretching in between.

BODYPUMP™: is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories**. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music

STRONG BY ZUMBA: This high energy interval class combines athletic Zumba moves with strength and stabilization exercises. Dynamic instructors and Latin infused music motivate everyone towards fitness goals

HEALY BACKS YOGA: Classic yoga poses that target back extensors. The large muscles that help form your lower back, and support your spine. Simple relaxation techniques help you ease into these poses while finding your Zen

POWER AQUA: This aqua class is not for recovery, it is a high energy high cardio water aerobics class. Be ready to work a little harder, not your everyday aqua class.

CARDIO KICKBOXING: Strike punch and kick your way into a high energy workout. Melt Calories and build stamina in a class inspired by moves originating from kickboxing. This class is fiercely energetic with driving music and powerful moves. All fitness levels welcome

SLOW FLOW: Slow flow yoga synchronizes breath and movement. It is not restricted to beginners. All levels of yoga practitioners can find their personal challenges as they slowly and mindfully move through a series of poses at a slower pace

REPS OVER REST: You can expect to use a variety of different equipment such as weights bands and balls to build strength by performing different types of movements for high reps. Increase your strength and endurance with reps over rest

HIIT: High intensity interval training is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods until too exhausted to continue

STEP: Step is a form of aerobic power distinguished from other types of aerobic exercise by its elevated platform. The height is tailored to the individuals needs by inserting risers under the step. Instructors will guide you through choreographed routines with great music and energy

PILATES: Pilates seeks to develop controlled movement with mat exercises and isometric contractions as resistance. Using a range of apparatus's to guide and train the body.

CYCLE MY RIDE: A virtual cycling class that takes you through rolling hills, country roads, and snow covered mountains coordinated with music and viewed on a large screen. Travel around the globe in 55 minutes without leaving the saddle.

SPINNING: An intense cardio workout on stationary bikes. Spin into high gear with an indoor ride that tones the whole body and strengthens cardiovascular endurance. 1 hour

ZUMBA: Zumba combines high energy and motivating music with unique moves and combinations including salsa, cumbia, reggaeton, and more. Zumba creates a party-like atmosphere that provides a non-intimidating opportunity for non-dancers, new exercisers, or those who have previously hesitated to participate in group classes.

YOGA FLOW: A much slower class. Breathing is deep and slow but poses are strong. This class is perfect for beginners.

VINYASA YOGA: Breath deep, find your pranayama technique to generate heat and a deep sense of calm while flowing through synchronized movement.

BETTER BACKS YOGA: Release tight muscles in your back and alleviate back pain with these yoga poses and sequences.

YIN YOGA: A slow-paced style of yoga with postures, or asana, that are held for longer periods of time—for beginners, it may range from 45 sec. to two min.; more advanced practitioners may stay in one asana for five min. or more.

AQUA: "Water Aerobics" at its best, with our finest. The body is almost weightless in the water which makes it ideal for increasing strength through choreographed moves. Gentle on the joints hard on the calorie burn.

AQUA POLE: An ideal workout program utilizing a stable pole in the pool similar to poles used in dance studios. Intensive, toning, for every kind of user. All fitness levels welcome.

POWER MIX: Combines weights, cardio, step and dance all in one class. The choreography changes each week to challenge its students each and every class. This class has something for everyone.

DSKO: An effective and entertaining high intensity group fitness class. It fuses hip hop kickboxing and boot camp drills to dynamic DJ mixed sound tracks.

Latin Dance: Combines a large group of dance styles that are united by their place of origin. These include but are not limited to, Salsa, Rhumba, Samba, and Jive, mambo and Merengue.

Core and More: The core chain is complex, but the workout doesn't have to be. Core and more is a trunk focused class that will set your abs on fire while consolidating the back muscles.

Sculpt and Spin: This 90minute class combines 30 min of weight training followed by 60minute of cycle. It is encouraged that you take the entire class for maximum benefit.

Yoga: Yoga is a physical, spiritual and mental practice or discipline. It includes the physical practice of postures called Asanas and sun salutations. Flowing with intention and meditation make for the perfect mind body connection

POWERHOUSE
FITNESS GYM CENTER