

HEALTH BENEFITS

<p>BODY PUMP ❤️ 🏋️</p> <p>Burn up to 600 cal. Per class</p> <p>Improve Strength</p> <p>Shape & Tone Muscles</p> <p>Improve Bone Density</p> <p>Strengthen Joints/Ligaments</p>	<p>BODY VIVE ❤️ 🏋️</p> <p>Improve Endurance</p> <p>Increase Heart Fitness</p> <p>Improve Flexibility</p> <p>Improve Agility, Balance, Posture</p>	<p>BEGINNER TECH 😊 ❤️ 🏋️</p> <p>Burns Cal. For Fat Loss</p> <p>Improve Endurance/Agility</p> <p>Strengthens Core "Powerhouse"</p> <p>Evenly Condition Body</p>	<p>BOOT CAMP ❤️ 🏋️</p> <p>Burn Cal. For Fat Loss</p> <p>Improve Endurance/Agility</p> <p>Total Body Sculpt & Tone</p>	<p>CARDIO CHALLENGE ❤️</p> <p>Increase Heart Fitness</p> <p>Improves Endurance/Agility</p>
<p>CORE TRAINING ❤️ 🏋️</p> <p>Focus on Strength Training</p> <p>Develop Stronger Core</p>	<p>CYCLING ❤️</p> <p>Burn Cal. For Fat Loss</p> <p>Increase Heart Fitness</p> <p>Increase Endurance/Agility</p> <p>Tone Legs & Glutes</p> <p>Strengthen Core</p>	<p>DANCE ❤️</p> <p>Burns Cal. For Fat Loss</p> <p>Increase Endurance/Agility</p> <p>Shape & Tone Muscles</p> <p>Increase Heart Fitness</p> <p>Strengthen Legs, Arms & Core</p>	<p>H2O (WATER) ❤️ 🏋️</p> <p>All the benefits of Group X without Impact on Joints</p> <p>Increase Flexibility</p> <p>Safely Tone Entire Body; Water Resistance (12X more than air)</p> <p>Reduce Blood Pressure</p>	<p>HIP HOP ❤️</p> <p>Burns Cal. For Fat Loss</p> <p>Increase Endurance/Agility</p> <p>Shape & Tone Muscles</p> <p>Increase Heart Fitness</p> <p>Strengthen Legs, Arms & Core</p>
<p>KICKBOXING ❤️ 🏋️</p> <p>Burns Cal. For Fat Loss</p> <p>Strengthen Legs, Arms & Core</p> <p>Increase Endurance/Agility</p> <p>Reduce Stress</p> <p>Increase Stamina</p>	<p>KICKBOXING (TKB) ❤️ 🏋️</p> <p>Burns Cal. For Fat Loss</p> <p>Increase Endurance/Agility</p> <p>Great for Reducing Stress</p> <p>Shape & Tone Muscles</p> <p>Strengthen Legs, Arms & Core</p>	<p>LATIN DANCE ❤️</p> <p>Burns Cal. For Fat Loss</p> <p>Increase Endurance/Agility</p> <p>Strengthen Legs, Arms & Core</p> <p>Increase Heart Fitness</p>	<p>MUSCLE CONDITIONING ❤️ 🏋️</p> <p>Burn up to 600 cal. Per class</p> <p>Improve Strength</p> <p>Shape & Tone Muscles</p> <p>Improve Bone Density</p> <p>Strengthen Joints/Ligaments</p>	<p>PI / YO ❤️ 😊</p> <p>Evenly Condition Body</p> <p>Improve Flexibility</p> <p>Develop Stronger Core</p> <p>Improve Breathing (Oxygen Intake)</p> <p>Reduce Stress</p>
<p>PILATES ❤️ 😊</p> <p>Evenly Condition Body</p> <p>Gain long, lean Muscle</p> <p>Develop Stronger Core</p> <p>Increase Flexibility</p> <p>Reduce Stress</p>	<p>SALSA ❤️</p> <p>Burns Cal. For Fat Loss</p> <p>Increase Endurance/Agility</p> <p>Strengthen Legs, Arms & Core</p> <p>Increase Heart Fitness</p> <p>Shape & Tone Muscles</p>	<p>STEP ❤️</p> <p>Burn Calories for Fat Loss</p> <p>Sculpt & Tone Legs</p> <p>Increase Endurance/Agility</p> <p>Improve Coordination</p>	<p>YOGA ❤️ 😊</p> <p>Reduce Stress</p> <p>Improve Breathing (Oxygen Intake)</p> <p>Relaxation/Meditation</p> <p>Reduce Blood Pressure 🏋️</p> <p>Evenly Condition Body</p>	<p>🏋️ Resistance/Weight Training</p> <p>❤️ Cardiovascular</p> <p>😊 Mind/Body</p>