

## **Fitness Schedule**

**Mondays: 5:30-6:30 XBI Class –Aikens 228**

**Wednesday: 5:30-6:30 Zumba or Hip Hop – Aikens 228**

**Thursday: 5:30-6:30 Strength Fusion – Aikens 228**

## **Class Descriptions**

### **Zumba™**

Zumba combines high energy music from all over the world with easy to do Latin and international dance steps in an effective workout that not only burns more calories than other fitness classes, but is also tons of fun! Dance and fitness moves sculpt and tone the entire body – especially the hips and tummy. This class is suitable for all levels.

### **Turbokick™**

Burn calories and blast fat! Turbo Kick® mixes kickboxing and simple dance moves with music that makes you want to move it! You'll love having fun and losing weight. It won't even seem like you're working out. The unique Turbo Kick® movement patterns, combinations and techniques work together to give YOU the ultimate cardiovascular workout that will melt fat and reshape your body! Each full body workout consists of a sport specific warm-up, higher paced intervals, easy to follow combinations, kickboxing specific strength/endurance training and a mind/body like cool-down designed to maximize weight loss! No equipment is necessary.

### **Hip Hop Hustle**

If you love to dance, but find most hip hop and dance workouts too complicated to get a good workout, then you have found your solution! We funk-da-fy simple to follow, easy to learn dance steps that allow you to really burn fat and calories! No dance experience required

### **PiYo™-Strength Fusion:**

PiYo™ - "STRENGTH FUSION" is the perfect blend of sports stretch, dance stretch, athletics, Pilates/Yoga and more. This is a stretch workout for those who want more than just flexibility; they want to burn calories and build muscle! This dynamic fusion workout is easy on the joints, yet delivers strength, balance, agility and flexibility in one unique calorie burning workout.

### **X.B.I. – Xtreme Box Interval**

Burn Calories with X.B.I.! X.B.I. offers participants with an energetic/well-rounded cardio-kickboxing class. Participants will learn cardio kickboxing combinations to work the upper and lower body. Intervals will consist of body resistant strength interval segments designed to add resistance training to the workout. Participants will have Tons of FUN and leave participants feeling energized; the MUSIC is GREAT TOO