



**KEEP
CALM**

AND

**GET YOUR
FITNESS ON**



Perfect for everybody and every body! We take the “work” out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie burning dance fitness party. A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.



The basic of yoga teaching philosophy is that yoga can benefit all body types; if you can breathe, you can benefit from yoga. The sequence and intensity of the class vary in accordance with students’ experience, energy and prowess. My classes are accessible to beginners, while also challenging for intermediate students - with individual attention paid to each student.



U-Move is a high intensity, interval style dance fitness workout! Come jam to your favorite popular music while burning major calories! 40 minutes of cardio dance mixed with 20 minutes of choreographed strength training will leave you toned, fit and fabulous! Strength training routines include: abs, glutes, leg workouts, upper torso using free weights and inner thighs.