

Allentown Group Exercise Class Descriptions

LAND CLASSES

HIIT REVOLUTION - An exhilarating high intensity interval training class designed to push your limits and transform your body. This class combines innovative techniques to deliver a heart pounding, results driven experience!

LOW IMPACT AEROBICS | Moderate paced, lower-impact workout emphasizing cardiovascular endurance, coordination and range of motion.

LOW IMPACT MOVEMENT & STRENGTH | Low impact strength movements with the option of using dumbbells, resistance bands and small ball work.

SHINE DANCE FITNESS - This high-cardio exercise combines jazz, ballet and hip hop moves with calisthenics in a HIIT format for a full-body workout.

STRETCH & BALANCE | Revitalize your body and mind with our Stretch & Balance class, designed to enhance flexibility, stability, and overall well-being. This class integrates dynamic stretching and balance exercises to help you achieve greater range of motion, improved posture, and a more centered sense of self.

TOTAL BODY STRENGTH - This class is designed to challenge and transform your entire body! This dynamic workout combines compound movements and functional exercises to engage all major muscle groups, enhancing strength, stability, and endurance.