



Class Description Encino

GROUP FITNESS Classes

Firm Fusion - A complete body workout combining all the best strengthening tools. Sculpt and tone your entire body while challenging your balance and kicking up a sweat! Fuses elements of Defined Behind, Uplift!, and Hard Core, to create a strong, lean and chiseled physique. Appropriate for all levels.

Power Core Fusion – All the elements of Firm Fusion packed with heart pumping intervals to get your cardio fix and abs to boot! All levels welcome.

Hard Core - A half- hour muscle conditioning class targeting one area - the torso. A great workout for washboard abs, obliques and lower back.

Defined Behind - Want a Defined Behind? Try this 30-minute bake-those-buns-till-your-done, intense lower body workout. Make the most of your time! Burn calories and tone, strengthen and sculpt your muscles in this one-hour class. Modifications can be made for all exercises, so all fitness levels are encouraged to take this fun, efficient, and effective class

Step Interval Training - Step will bring back that cardio that you've been missing with the basic steps integrated together in fun, energy driven combos followed by intense periods of weight training! All levels are welcome.

Salsa/ Hip-Hop- This is a high-energy cardio workout that incorporates Salsa and Hip-Hop dance moves to give you a great workout. No dance experience is necessary and all level are welcome. Come and shake your booty into shape!

Bodies On The Ball- With the use of the stability ball, tone and sculpt your whole body! Focuses on core strengthening.

Capoeira- Move your body and dance to the rhythms of Africa and Brazil, while playing a fun game and learning self-defense. For absolute beginners and elite athletes alike, Capoeira Conditioning is the ultimate, dynamic-training method for all around, cross-over athletics fitness. Beginning with simple dance steps similar to walking, you have the option to progress into advanced physical techniques, such as acrobatics, in addition to playing various musical instruments, and singing in Brazilian Portuguese

MIND, BODY, FITNESS Classes

Power Yoga - A complete mind, body workout that incorporates fluidity of movement between postures to increase flexibility and maintain the range of motion in the joints. This workout creates a long and lean body while releasing stress and tension through breath. Some advanced postures may be introduced, however all levels are welcome.

Mat Pilates - An exercise technique that began as a safe way to rehabilitate injuries has evolved into a workout discipline to strengthening “the center” of the body. Slow, progressive exercises work to lengthen and strengthen while increasing flexibility. This is a balanced routine based on the methods of Joseph Pilates. All levels welcomed.

Power Yoga I & II -A mixed level yoga class that will introduce variations for all levels of practice, whether you are just beginning or need more of a challenge you will be able to get the most out of your postures.

Restore & Renew Yoga – A class designed to relax and rejuvenate the body while calming the mind. This is a mixed level class focused on waking the tired spirit and renewing the body.

BOXING & KICKBOXING Classes

Executive Boxing - A 60 minute, cardiovascular, heart pounding, endorphin producing, addictive workout that tones every muscle in your entire body and burns fat. You'll go through a professional fighters routine that involves stretching, shadow boxing, bag work, combination drills, lower body conditioning, and abdomen work. This workout puts Bodies on the map.

Executive Kickboxing - This program takes you through a professional Kick boxers workout. It is the same as the Executive Boxing but it adds flexibility to the lower body by using kicks as well as punches in combination. There is nothing like kicking the bag to help release stress and take out those everyday frustrations.

ROADRACERS Classes

Roadracers - A stationary cycling class that emulates road riding. Done on a specially designed gear bike, this class will stimulate riding over many types of terrain. A fast and effective way to burn calories, this workout can be tailored to ALL levels of participation. This is a 45min class. Please sign-up at the front desk and arrive early to secure a bike!