



## **GROUP EXERCISE CLASSES**

Monthly Pass:	\$60
10 Class Pass :	\$80
5 Class Pass:	\$50
Single Class Pass:	\$12

## **SMALL GROUP TRAINING**

6 weeks | 2x Week \$190

## **Ekklesia F.I.T. - Class Descriptions**

### **Barre Fusion**

A total body workout utilizing light weight and high reps to work the full body. Inspired by elements of ballet, pilates and dance, Barre Fusion provides a low impact, high energy workout for all ages and fitness levels.

### **ZUMBA®**

An energizing dance fitness class featuring Latin and International music. Millions of people can't be wrong! This is exercise in disguise! You will love the rhythm and beat of the music and forget it's a fitness class!

### **Gen POUND®**

A youth-oriented program that infuses movement and music to improve physical fitness, focus, communication, team work, coordination, athletic skills and more! For KIDS ages 6-12

### **Reb3L Strength®**

Choreographed toning routines set to powerful music. It creates sculpted bodies and builds physical strength using body weight, minimal equipment, and low-impact/high repetition training.

Total body strength and endurance training that fires you up from head to toe. All major and muscle groups activated and engaged through the entire session. Class is completely low impact, but will get your heart rate up as well as your mood

### **POUND® Rockout. Workout.**

A drumming inspired cardio-jam workout that will make you feel and act like a rockstar! You will forget you are working out! Check it out at [poundfit.com](http://poundfit.com).

### **Strength & Stretch**

This Invigorating flow of pilates, yoga and core conditioning will get you feeling strong, feeling good and get your shine on

### **DRUMS ALIVE®**

Joy from the inside out! This class combines rhythm, movement and music, with drum sticks, a stability ball and a bucket. It will be the class you will look forward to all week! Check it out - as seen on [The List](#)