

## Class Descriptions



### **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!

### **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](#).

### **Dance Fusion**

Dance choreography set to a variety of music and dance styles. All levels welcome

### **SKIP DEM'HILLS**

Learning how to skip rope is just the beginning! After mastering a few basic techniques in the studio, we take it on the road and one with hills if possible! Class time builds techniques in skipping and core muscle strength needed to support this fun yet challenging experience

NEXT SESSION BEGINS SEPTEMBER 25, 2025

Contact Kai @[ekkleσιαfit@gmail.com](mailto:ekkleσιαfit@gmail.com) for more information.

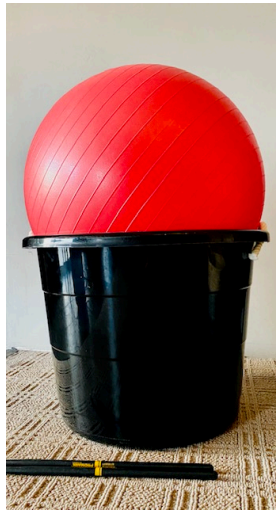




## DRUMS ALIVE

Pulsating drum beats drive this high energy class that blends aerobic dance, powerful drills and drumsticks in a fun way that gets your heart pumping, your feet moving and your face smiling!

Saturdays @ 7 am - Zoom (contact for registration link)



## ZUMBA

**Zumba** is a fitness dance program that combines Latin and international music with dance moves. **Zumba** routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness.

Fridays @ 5:00 pm - Zoom - (contact to register for class)



## Strength & Stretch

A fusion of mat pilates, simple yoga, core conditioning exercises meant to challenge the participant in both muscular and cardio endurance.

## SMALL GROUP TRAINING

2 Matthew 28:20

*"For where two or three are gathered in my name, there am I among them."*

Skip Dem' Hills

2 x week | 6 weeks | Fall Session begins 10/19/20 - outdoor training

Skip Dem Hills challenges the participant to take their fitness to a whole new and totally unique level. Learning how to skip rope is just the beginning! After mastering a few basic techniques we take it on the road and one with hills if possible! Class time builds techniques in skipping and core muscle strength needed to support this format - "field work" is done outside and is progressive in nature. "Clear Your Mind of Can't" is the motto we use to prepare you for this fun yet challenging experience. Jumping Rope. It's not just for kids

