

WELLBEATS Kiosk Library as of September 2015

Channel	Class Name	Time Length	Description	REQ EQUIPT FOR CLASS
DEFINITIONS - Straight Sculpting Classes designed to define, re-shape and recontour.				
Definitions	Definitions Basic	20	<u>DEFINITIONS BASIC</u> leaves you super satisfied that you nailed your workout. You'll start heavy and drop down to light weights, increasing reps as you go. Feel the results!	Light, medium & heavy dumbbells.
Definitions	Definitions Tutorial	20	<u>DEFINITIONS TUTORIAL</u> : Learn correct form and lifting technique for the common resistance exercises you'll see in classes, how to choose proper weight.	Dumbbells, resistance tubes, step & risers.
Definitions	Dirty Dozen	20	<u>DIRTY DOZEN</u> improves muscular strength and endurance. 4 Rounds and 12 exercises total, start with 2 exercises, then add a new upper and lower body exercise each Round.	Step, risers, heavy dumbbells.
Definitions	Ladders	20	<u>LADDERS</u> is a timed workout, 5 moves, 3 rounds focusing on muscle endurance, shortening the time each round to power up stamina and the intensity.	Step, risers, heavy & light dumbbells.
Definitions	Light It Up	20	<u>LIGHT IT UP</u> keeps the heat on your muscles without a rest, giving you a short, intense and highly effective 4- circuit workout.	Heavy & light dumbbells, resistance band, mat
Definitions	Overload	20	<u>OVERLOAD</u> is challenging! 3 fast moving circuits focus on training your push and pull muscle groupings. Train them fast, slow & isolated.	Medium & heavy dumbbells; resistance tube, mat, step & risers.
Definitions	Power of 10	20	<u>POWER OF '10"</u> is a powerful, strength building experience. As your lower body exercise reps decrease, your upper body exercise reps increase. It is a quick moving sweat fest!	Heavy dumbbells, mat.
Definitions	Torque	20	<u>TORQUE</u> is dedicated to increasing joint strength especially the little rotators that help stabilize your joints. You'll superset solid resistance moves to make a difference in strength and stability.	Heavy & Medium Dumbbells; Resistance Tube; Mat
Definitions	Break Plateaus	35	<u>BREAK PLATEAUS</u> focuses on busting a training stalemate with pyramid training: 3 sets, each increases weight while reducing reps.	A set each of light, medium & heavy dumbbells.
Definitions	Pyramids N Plyo	35	<u>PYRAMIDS 'N PLYO</u> trains the same muscle groups with 2 different techniques: pyramid sets of resistance, followed by plyometrics, for a head to toe workout.	Step, 8 risers, 2 sets dumbbells, resistance tube.
Definitions	Total Body Burn	35	<u>TOTAL BODY BURN</u> sculpts your entire body through progressions that focus on your upper body, lower body, and then combine everything to really feel the burn exactly where you want to feel it	Medium Dumbbells, mat

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Definitions	Circuit Complex	50	<u>CIRCUIT COMPLEX</u> : Upper and lower body moves, 5 groups taught circuit style to give you a riveting, powerful workout to increase metabolic overload.	3 sets of dumbbells- light, moderate and heavy.
Definitions	Hearty Strength	50	<u>HEARTY STRENGTH</u> trains your heart, muscle strength and burns fat at the same time by constantly changing the muscles you're working .	Step, 8 risers, light, medium & heavy dumbbells, resistance tube.
Definitions	Work It	50	<u>WORK IT!</u> trains opposing muscle groups in a back to back, superset format to maximize your exercise intensity while reducing the time.	Medium & heavy dumbbells, resistance tube, mat.
EXPRESS - Fast, Efficient Fitness provides short intense workouts that deliver results in minimal timeframe. Just 20 mins.				
eXpress	1 2 Core	20	<u>1-2...CORE</u> uses three back to back exercises for your glutes, hips and thighs to give you a superior lower body burn.	Medium dumbbells, resistance tube, mat.
eXpress	ABSolutely Core	20	<u>ABSolutely CORE</u> Take typical core exercises to the next level; alternate between total body moves using planks and leg exercises to get your burn on with some targeted ab toning.	Step & 2-4 risers, dumbbell towel.
eXpress	Ascension	20	<u>ASCENSION</u> brings it with four, resistance based, metabolic conditioning circuits, followed by a body weight move to recover. Burn calories and fat fast!	Light dumbbells.
eXpress	Back to Basics	20	<u>BACK TO BASICS</u> targets every muscle in your lower body as well as your core to reshape, redefine and realign yourself without using complicated moves!	4 to 8 lb. medicine ball, mat.
eXpress	BisTris CoreMore	20	<u>BIS, TRIS, CORE & MORE</u> uses different resistance band tensions to target and train different muscle fibers to define the muscles of your upper body and abs.	Resistance band.
eXpress	Circuit Shock	20	<u>CIRCUIT SHOCK</u> your body into a training response with a series of cardio and muscle endurance challenges, guaranteed to spark a mega metabolic burn in minimum time.	Step, risers, medium dumbbells, mat.

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eXpress	Combustion	20	<u>COMBUSTION</u> pushes your limits and capacity to increase strength & endurance in less time! Combine eccentric muscle overload and high intensity cardio intervals to maximize time and results.	Mat, dumbbells.
eXpress	Endure	20	<u>ENDURE</u> uses a circuit technique to isolate the big muscle movers- chest and back to increase strength. To allow recovery, we'll use ab training in between circuits.	Light & medium dumbbells, towel, mat
eXpress	Epicerter	20	<u>EPICENTER</u> targets your entire midsection with isolation and dynamic movements that leaves your abs chiseled, foundation stronger and your body more capable of doing anything.	Medium dumbbells, mat.
eXpress	Heart Opener	20	<u>HEART OPENER</u> focuses on heart opening postures, counteracting the daily hunch, to decrease back pain, improve posture and light up your spirits.	Yoga mat.
eXpress	Less Is More	20	<u>LESS IS MORE:</u> Don't be fooled by the name of this class. Challenge your strength, endurance and stability in a focused practice, incorporating the key elements of yoga in only 20 minutes.	Yoga mat.
eXpress	Make It Super	20	<u>MAKE IT SUPER</u> layers lower body exercises one after the other, without rest, called supersetting, plus great core moves layered in too! The key is precision focus on every move.	Medium dumbbells, mat.
eXpress	Plank and Burn	20	<u>PLANK AND BURN</u> offers the best exercises to target arms, buns and core using your own bodyweight and dumbbells. The focus is on plank variations as a circuit break—efficiency is IT.	Medium dumbbells, mat.
eXpress	Plank Less	20	<u>PLANK LESS</u> will challenge your entire core-back, legs, glutes, midsection PLUS a pure-abs section, all without a single Plank! 3 exercises: Form (band), Strength (dumbbell), Power (bodywt.). Complete!	Step, 2-4 risers, dumbbells, resistance band
eXpress	Powerball 10	20	<u>POWERBALL 10</u> Targets all the upper body muscles with the TEN best, multi-muscles and isolated moves, using a stability ball to challenge your muscles in the shortest amount of time.	Stability ball, riser to hold ball, mat, dumbbells
eXpress	Sculpt And Sweat	20	<u>SCULPT AND SWEAT</u> uses both dumbbells and body weight to rev up your metabolic fire, get you sweaty, burn a ton of calories, and tighten and tone your upper body and abs.	Medium dumbbells, mat.

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eXpress	Tabata Time	20	TABATA TIME! Push the limit with a short but ultra-effective, challenging high intensity Tabata interval training class. You'll do three, 4-min. exercise bouts, designed to push your body to perform!	None
eXpress	Toned And Ready	20	TONED AND READY is targeted toning at its best to hit those body parts you want firm and red-carpet worthy. Super-effective exercises to keep YOU body confident all year long!	Resistance band, mat.
eXpress	TriPerfecta	20	TRI-PERFECTA uses three perfect tools and techniques to execute every movement to carefully shape your hips, legs, buns and core to their greatest potential.	Heavy dumbbells, resistance band, mat.
eXpress	Trouble Shaping	20	TROUBLE SHAPING uses 3 exercises per body part to hone in on shaping your arms, bootie and core. Finish with a Blitz Block of isolated moves to finish these trouble spot off.	Medium dumbbells, mat, step, 4-8 risers.
eXpress	Yoga Short Form	20	YOGA SHORT FORM: Take advantage of every minute; explore strong standing postures, followed by seated releasing poses to stretch your way to a more invigorated, revitalized YOU!	Yoga mat, yoga block.
eXpress	Yoga Strong	20	YOGA STRONG creates healthy, strong, flexible abdominals with a series of yoga poses to strengthen, tone and stretch the entire torso. You'll increase mobility and improve posture too!	Yoga mat.
eXpress	Strong Core		STRONG CORE! utilizes stability drills and unique exercises to keep the challenge on your core muscles so you get stronger and more stable.	Light dumbbells, mat, step, risers
FIT TEST - gauge your level of fitness and strive to improve.				
FIT TEST	Basic Fit Test	20	BASIC FIT TEST is for you if you've been exercising a month or less or you've never exercised before. You'll do 8 moves, each for 30 seconds, followed by a brief recovery and to record your score.	Mat
FIT TEST	Fit Test 1	20	FIT TEST 1 is for anyone who has exercised for at least 3 months. You'll do 8 moves, each for 45 seconds, followed by a 45 second rest period to track your score and see a preview of the next move.	Mat
FIT TEST	Fit Test 2	20	FIT TEST 2 is for anyone who has exercised for at least 4-6 months on a consistent basis. You'll do 8 moves, each for 1 minute, followed by a 45 second rest to track your score preview the next move.	Mat

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FUSION - Yoga/pilates meld invigorating and vitalizing exercise with attention to breath, form, flow and body balance.				
Fusion	Bring the Heat	20	<u>BRING THE HEAT</u> while building core strength and flexibility. You'll be challenged to stay focused as you progressively build on key yoga & Pilates postures from start to finish.	Yoga mat, bare feet.
Fusion	FUN damentals	20	<u>FUNdamentals</u> focuses on core essential elements of Yoga and Pilates in our true meld style to build strong, lean muscles, refine your practice by generating mind-body awareness.	Yoga mat, bare feet.
Fusion	Fusion Tutorial	20	<u>FUSION TUTORIAL</u> : Learn Yoga and Pilates basics, what to wear, most common moves, correct alignment and posture plus modifications and challenge options to enrich your practice.	Yoga mat, bare feet.
Fusion	Mobility N Energy Basic	20	<u>MOBILITY N ENERGY BASIC</u> : Yoga & Pilates inspired sequences blended seamlessly along with some unique moves, linking body to mind. You'll feel strong, more mobile, energized and alive!	Yoga mat, bare feet.
Fusion	Unlock & Unblock	20	<u>UNLOCK&UNBLOCK</u> is a true yoga and Pilates meld, using twisting postures,seamlessly intertwined together to encourage a more flexible, mobile spine while using a strong and supported core.	Yoga mat, bare feet.
Fusion	Yoga Booty	20	<u>YOGA BOOTY</u> brings a yoga twist to shape, tone and lift the bum with poses to challenge 'every booty!' Get ready for bum burning yoga to increase mobility and core strength too!	Yoga mat, bare feet.
Fusion	Yoga Burn Firm	20	<u>YOGA BURN & FIRM</u> uses a mix of classic yoga postures melded with resistance move, using a resistance band to become stronger, leaner and energized.	Yoga mat, resistance band.
Fusion	Perfect Blend	35	<u>PERFECT BLEND</u> : Reap all the benefits yoga and Pilates have to offer with a class that intermixes both disciplines. Improves muscle strength, stamina, balance and target the core.	Yoga mat, bare feet.
Fusion	Sans Barre	35	<u>SANS BARRE</u> is a total-body yoga and Pilates inspired sculpting routine, infused with elements of classic barre training, minus the barre, challenging your core stability.	Yoga mat, bare feet.

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Fusion	Stable N Strong	35	<u>STABLE & STRONG</u> is a fun way to strengthen your core-where stability, strength and power come from. Do Pilates on the ball for a challenging, total body workout.	Stability ball, yoga mat, bare feet.
Fusion	Strong N Fluid	35	<u>STRONG 'N FLUID</u> is a Pilates inspired program, designed to tone and balance your entire body; with emphasis on your core muscles which is what makes Pilates so ultra- effective.	Yoga mat, bare feet.
Fusion	Blissful Hips	50	<u>BLISSFUL HIPS</u> focuses on strengthening and stretching your hips-maybe the most overused, overworked area of our body! You'll feel relaxed, stretched and more balanced overall.	Yoga mat, bare feet.
Fusion	Refreshing Flow	50	<u>REFRESHING FLOW</u> : Get the best of both; flow through yoga sequences that challenge yet are gentle and revitalizing, mixed with Pilates, targeting the core, buns, hips and thighs.	Yoga mat, bare feet.
Fusion	Rise And Shine	50	<u>RISE AND SHINE</u> is all that you love about yoga. Strength focused, this well balanced practice gives you a challenging physical workout, but also the calm only yoga can deliver. .	Yoga mat, bare feet
KINETICS - Metabolic conditioning is a no-nonsense total-body training program. Multi activity includes resistance training and cardio intervals.				
Kinetics	All In	20	<u>ALL IN</u> will certainly challenge your fitness capacity by bringing specific muscles to their max—all in! Short yet so very effective!	Heavy & medium resistance band, mat.
Kinetics	High Voltage Kinetics Basic	20	<u>KINETICS BASIC</u> : works your heart and muscles simultaneously, utilizing high intensity cardio intervals and solid conditioning moves. Fast moving, high voltage, high sweat, not a minute wasted.	Dumbbells.
Kinetics	HIIT Me With It	20	<u>HIIT ME WITH IT</u> is High Intensity Interval Training, the <u>proven</u> way to burn more calories and fat. It's all out intense, hard as you can, recover and do it again!	Medium & heavy resistance band; mat.
Kinetics	Kinetics Tutorial	20	<u>KINETICS TUTORIAL</u> : Learn the basics – common Kinetics moves, correct form, posture, what to wear, about the equipment, how to choose proper weight and safety tips.	Dumbbells, resistance tube.

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Kinetics	Next Level	20	<u>NEXT LEVEL</u> takes your fitness up a notch by adding complexity and intensity to a base move to activate more muscle and elevate the heart rate to give you a challenging, body defining workout.	2 sets Dumbbells, mat.
Kinetics	The Figher	20	<u>THE FIGHTER</u> is a MMA inspired, knockout workout that challenges both cardio stamina and muscular strength, just like moves that a fighter would use training for the ring.	Heavy & light dumbbells.
Kinetics	Time Buster	20	<u>TIME BUSTER</u> combines simple efficient movements to help tone your muscles and keep your heart pumping, making this program a metabolic powerhouse!	Resistance band, medium dumbbells
Kinetics	Countdown	35	<u>COUNTDOWN</u> is a unique way to increase cardio & muscular endurance and metabolic burn. Time challenges, 'countdown' from 2 min. to 15 sec. per move, rapid fire.	Step, risers, medium & light dumbbells.
Kinetics	Fast N Furious	35	<u>FAST 'N FURIOUS</u> combines 60 seconds of resistance training with 30 seconds of high intensity plyometric movements to push your limits muscular limits.	Medium dumbbells, mat.
Kinetics	Jammin	35	<u>JAMMIN'</u> : Get a max calorie burning workout that will change your body forever. From start to finish, we keep you motivated and moving with solid conditioning exercises and cardio intervals.	Dumbbells.
Kinetics	Ki Supercharged	50	<u>KI SUPERCHARGED</u> is designed to blast mega calories and fat. Athletic, high intensity cardio drills will challenge your heart as you re-define your muscles and stamina; a full body approach.	Dumbbells.
Kinetics	MCT3	50	<u>MCT3</u> is metabolic cross training workout meant to push your sweat-o- meter off the chart. A total body challenge, for more muscle definition and get your heart revving.	Medium & heavy dumbbells, mat.
Kinetics	Step It Up	50	<u>STEP IT UP</u> burns serious calories and then some, post workout. Cardio and resistance combined plus dynamic flexibility using a step for interval, bodyweight conditioning. All round, a superb class!	Step& Risers, Heavy&Medium Dumbbells, Towel

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Kinetics	Triple Threat	50	<u>TRIPLE THREAT</u> uses supersets to get the ultimate burn: 3 exercises in a row for the same muscle group, hence the Triple Threat. Strength challenges and cardio bursts gives a big bang for your buck!	Medium & heavy dumbbells, step, 2-4 risers
STOMP - all around step...over, around, and on the step for a total-body, cardio-driven workout.				
Stomp	Bench Boogie	20	<u>BENCH BOOGIE</u> will strengthen and tone your lower body, move up and around the step in a way to accelerate calorie burn. You CAN have your cake and eat it too!	Step & 2-4risers
Stomp	MamboJambo Step	20	<u>MAMBO JAMBO STEP</u> is high energy, heart thumpin' fun! Combine traditional step moves with a Latin dance flair that will keep you doing the mambo all the way home!	Step & 2-4 risers.
Stomp	Quick Fix	20	<u>QUICK FIX</u> is classic Stomp with easy to follow, athletic based combos, and some added intensity, using a vertical step, to get the best benefit from a quick yet effective class.	Step & 2-4 risers.
Stomp	Ramp It Up	20	<u>RAMP IT UP</u> challenges your entire lower body, particularly your buns, by stepping at an angle. This forces powerful muscle engagement, to build strength and stamina. .	Step & 1-3 risers
Stomp	Stomp Basic	20	<u>STOMP BASIC:</u> keeps your heart rate up and your body challenged with easy to follow and fun step patterns. This is the perfect 'step-up' to improving your fitness level.	Step & 4 risers.
Stomp	Stomp Tutorial	20	<u>STOMP TUTORIAL.</u> Learn Stomp basics-the common step moves in all the classes. Learn proper alignment, posture, step adjustment and safety tips plus options so you get the most of Stomp.	Step & risers.
Stomp	High Rise Step	35	<u>HIGH RISE STEP</u> takes step to entirely new heights by adding an extra riser to push your cardio limits. You'll see a difference in your lower body shape plus burn a TON more calories!	Step & risers.
Stomp	Move It	35	<u>MOVE IT</u> is exactly that! Less thinking—ALL DOING—for an amazing, athletic style, cardio workout. Easy to follow so you can work harder with less intricacy, and more endurance and power.	Step & risers.

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Stomp	Simply Stomp	35	<u>SIMPLY STOMP...NOT!</u> Train for both stamina and power by mixing up the cardio challenge using power moves thrown into each step combo followed by an active recovery.	Step & 4 risers.
Stomp	Step Plus More	35	<u>STEP PLUS MORE</u> is full of high energy, mixed intensity floor patterns and power moves on the step. Move up, down, over and around for a total body calorie torcher and sweat fest.	Step & 2-4 risers.
Stomp	Ante It Up	50	<u>ANTE IT UP</u> takes this cardio workout up a notch. Use the step as an intensity booster with 3 step challenges, all to define and tone your lower body muscles and your core.	Step & risers
Stomp	Full Body Step	50	<u>FULL BODY STEP</u> is the fun cardio workout you always get in Stomp; you'll get high intensity intervals and upper body resistance training for a thorough workout from head to toe.	Step & 2-4 risers, hand weights
Stomp	High Low Rise	50	<u>HIGH-LOW RISE</u> is a class you'll LOVE! We'll tax the legs and butt by adding an extra riser, alternating with no risers for athletic Stomping with slow butt targeted toning moves. Step & risers.	Step & 4-6 risers, hand weights
Stomp	Prime Time Step	50	<u>PRIME TIME STEP</u> is designed to step up calories burn and fitness level. We'll challenge your skills and fitness with prime time moves, using the step as it was designed to be used.	Step & 2-4 risers.
TKO - is kickboxing conditioning at its finest! Non-stop movement to channel one's inner fighter...benefit from the power behind the punch!				
TKO	1-2 Punch HIIT	20	<u>1-2 Punch HIIT</u> is short and all out effective! Two combos of attainable, fun and challenging kickboxing, each finishing with 1 min. of HIIT intervals to build endurance and intensity to challenge you!	None
TKO	Adrenaline	20	<u>ADRENALIN</u> focuses on endurance training; the goal is to keep your body moving from start to finish. We'll kick, strike, block and punch in all different directions using easy to follow movements.	None
TKO	Beat Down	20	<u>BEAT DOWN</u> is calorie blasting and a heap of fun. Work it for 20 minutes with combinations of bob, weaves, punches and kicks that will 'beat down' any unwanted stress, fat and calories.	None

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TKO	Fight Club	20	<u>FIGHT CLUB</u> : Join the club. We have purpose to sweat, to move and bring out our inner warrior through a series of punches, knee strikes, kicks, and body-weight conditioning exercises. Pure TKO!	None
TKO	PunchKick Move	20	<u>PUNCH, KICK 'N MOVE</u> gives you a quick sweat through a series of punches, knee strikes, kicks, and body-weight conditioning exercises for a uber cardio challenge.	None
TKO	TKO Basic	20	<u>TKO BASIC</u> challenges your endurance, mental focus and muscles with an authentic and athletic approach to kickboxing. The result- stronger, leaner muscles and mega calories burned!	None
TKO	TKO Tutorial	20	<u>TKO TUTORIAL</u> : Learn TKO basics including the most common punches, strikes, and kicks you'll do in TKO along with alignment and posture tips, what to wear, move options to maximize your TKO experience.	None
TKO	Attack Retreat	35	<u>ATTACK-RETREAT</u> is a short, intense workout, using upper body punch and strike combos to work aerobically and lower body movements to push through an intense training bout. Challenging!	None
TKO	Burpee Challenge	35	<u>BURPEE CHALLENGE</u> : In between short punch-kick combos, find your inner challenge with burpee variations to increase heart rate, build strength and give you that sweat you're looking for.	None
TKO	Perfect Punches	35	<u>PERFECT PUNCHES</u> . Put more power behind your punch and take both your body and mind into the moments as you slip, bob 'n weave, kick and punch your way to your best shape ever. A complete workout.	None
TKO	Test Your Power	35	<u>TEST YOUR POWER</u> challenges aerobic endurance by keeping the intensity high for the entire workout! We'll get your heart rate up and keep it up! Still doable, you get to choose how you add intensity.	None
TKO	Metabolic Mayhem	50	<u>METABOLIC MAYHEM</u> challenges your body's various energy systems using intense cardio intervals to kickstart metabolism. As always, you can expect a challenging cardio burn every time you take TKO!	None

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TKO	Staying Power	50	<u>STAYING POWER</u> : Kickbox skills and drills are the ticket for this non-stop, stamina-centric workout. Punch and kick combos to perfect your skills will ultimately give you more power and calorie burn.	None
TKO	TKO Athletica	50	<u>TKO ATHLETICA</u> Get the power of TKO. Experience a creative combination of basic punches, kicks and elbow techniques combined with athletic moves like jump rope and jacks for a knockout experience.	None
TRANSITIONS - Active Aging exercise...with a totally refreshing outlook on fitness...a perfect mix of cardio, resistance training, balance, mobility and awareness skills.				
Transitions	In Balance	20	<u>IN BALANCE</u> is designed to improve joint mobility, core strength and body balance so you can continue to enjoy all the activities you love, injury free.	Mat.
Transitions	ResistRelease	20	<u>RESIST-RELEASE</u> uses the tension of a towel and resistance band to improve overall muscle strength, joint mobility, body balance and mental focus, a mind to muscle connection.	Mat, resistance band, towel.
Transitions	Simply Strong	20	<u>SIMPLY STRONG</u> is designed to keep you healthy, active & vital. Using only your own body weight, these simple, effective moves will improve mobility, balance and flexibility.	Yoga mat, bare feet.
Transitions	Transitions Basic	20	<u>TRANSITIONS BASIC</u> . Energize and get fit with cardio and resistance training to keep you on task and ready for life's hurdles. Finish with stress reducing yoga.	Dumbbells, resistance tube, mat.
Transitions	TransTut	20	<u>TRANSITIONS TUTORIAL</u> : Learn the basics-refreshing, intelligent info on how to stay strong, sexy and vital for life. Get form & training tips.	Dumbbells, resistance tube, step, 4 risers, towel, stability ball.
Transitions	Ball Basics	35	<u>BALL BASICS</u> challenges your muscles, and balance with this eclectic, fun class. Muscle conditioning, hits core and posture muscles, finish with Pilates.	Stability ball, riser to hold ball, mat, medium dumbbells.
Transitions	High 5	35	<u>HIGH 5</u> is a doable way to to build strength and increase metabolism. Take the weight up a notch for 5 reps, then finish with 10 reps at a moderate weight.	Medium & heavy dumbbells, mat, step, risers.
Transitions	Powerplay	35	<u>POWERPLAY</u> is the perfect workout to get Pilates strong from head to toe. This program will challenge your core and increase mobility. You'll feel refreshed and rejuvenated.	Mat.

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Transitions	PurposefulPlank	35	<u>PURPOSEFUL PLANK</u> uses the popular Plank, an incredibly versatile exercise to create a yoga inspired class with plank variations to work the core, arms, shoulders and lower body.	Mat, medium dumbbells.
Transitions	Step Up to Fit	35	<u>STEP UP TO FIT</u> is a total body fitness program: cardio & strength circuits for heart health, increasing stamina and muscle tone.	Step, risers, resistance tube, mat.
Transitions	About Srength	50	<u>ABOUT STRENGTH</u> targets 4 unique ways to get strong and svelte: bodyweight, dumbbell moves, yoga strength poses & core moves—integrated effective, whole body training.	Mat, medium & heavy dumbbells, stability ball, riser to hold ball.
Transitions	Fitness 360	50	<u>FITNESS 360</u> is everything you need to optimize your overall health and fitness-balance, mobility, strength and cardio!	Heavy & light dumbbells, mat, towel.
Transitions	Have a Ball	50	<u>HAVE A BALL</u> uses a stability ball for cardio, resistance and balance training. The ball increasingly turns every exercise into stellar whole body training!	Heavy dumbbells, mat, stability ball, riser to hold ball.
Transitions	Heart Healthy	50	<u>HEART HEALTHY:</u> This circuit gets you active and energized with easy-to- follow low-impact moves combined with conditioning and balance plus stretch for better mobility.	Dumbbells, mat, towel.
VIBE - World Beat Dance that gets you down, gets you edgy, gets you in your groove. Multi-dimensional dance from Latin to urban, hip-hop and more. You'll forget you're exercising.				
Vibe	Bhangra Beat	20	<u>BHANGRA BEAT</u> is pure Bollywood, with a cardio style to get a your heart pumping, and your body moving, using laddered circuits of 5 stylized, classic Bhangra moves.	None
Vibe	Get Ur Thang On	20	<u>"GET UR THANG ON"</u> lets you move, groove and put your own flavor...thang that is, on every Vibe move you do in these 20 minutes. This is more than a workout out....it' a WORK IT!!	None
Vibe	Let It Go	20	<u>LET IT GO</u> is a dance party at its best! Get your groove on, express your style, find your sassy self and most importantly, come ready to literally...let it ALL go!	None

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Vibe	Vibe Basic	20	<u>VIBE BASIC</u> : Get down, get low and get edgy with your own style. We lead you through a Latin-Bollywood mixed mash to get your heart rate up and your sweat on. Your entire body will feel the party.	None
Vibe	Vibe Tutorial	20	<u>VIBE TUTORIAL</u> : Get familiar with common dance steps in Vibe classes. This 20-minute Tutorial guides you through the breakdown of popular dance styles so you can 'Vibe' it your own way!	None
Vibe	Booty-Booty Yay	35	Roll your hips, do the <u>BOOTY-BOOTY YAY!</u> Easy to follow dance routine gets your heart rate up, burns calories and lets you express your sassy style. Hip hop, jazz style, invigorating---definitely fun!	None
Vibe	Latin Groove	35	<u>LATIN GROOVE</u> : Love to dance? You'll love this hot, hot class! Latin flavor with Urban Groove, start with a spicy salsa and reggaeton then get down and get funky with a hip hop flavor to finish.	
Vibe	OldSchool Party	35	<u>OLD SCHOOL PARTY</u> : Who says dance can't be cardio with style to boot. Try some "crazy legs" and get your "James Brown" together for a fun routine which is sure to please.	None
Vibe	Sizzle N Pop	35	<u>SIZZLE 'N P OP</u> releases your fiery, Latin side and your urge to pop it like it's hot! This sizzling dance class definitely serves up south of the border meets urban groove for one fantastic workout.	None
Vibe	Swag It Out	35	<u>SWAG IT OUT</u> is about finding your unique Vibe swag. Learn the latest hip hop moves, while dancin' to hot, hot tunes. You'll get extra cardio bennies-hip hop 'til you drop with Ilyse's signature style.	None
Vibe	Can You Groove	50	<u>CAN YOU GROOVE</u> : Find out what 'the groove' is all about. Be prepared to get lost in the sexy and sassy movement, because this Vibe routine takes you to your 15 minutes of hot, hot dance fame.	None
Vibe	Club Freestyle	50	<u>CLUB FREESTYLE</u> : With this class, it's like you are literally working it out at the dance club. You'll get an incredible cardio sweat on, freestylin' it your own way to an effective and FUN workout!	None

Channel	Class Name	Time Length	Description	REQ EQUIPT FOR CLASS
Vibe	Funky And Fit	50	<u>FUNKY AND FIT</u> is Definitely FUN-KY! You can expect a super energetic workout to fuse the fun and fit factor with funky moves that you can make your own dance style. Sweat is a bonus!	None
Vibe	Hot And Spicy	50	<u>HOT AND SPICY</u> : Say adios to boring routines, this class is packed with easy to follow fun. Turn the heat up to 'caliente' with Latin dances followed by sexy Bollywood, finishing with Funk Groove.	None
KETTLE POWER - Intense strength & stamina. A whole body, integrated training program that targets every muscle in your body.				
KettlePower			Course Descriptions not yet available	