



CLASS DESCRIPTIONS:

- **ELDOA™:** This class brings you ELDOA™ and Myofascial Stretching to help decompress your joints and restore your body back to balance. This class can help improve any other training you do. Active stretching is a great way to help recover! (Equipment: mat, towel, water)
- **Cardio Kickboxing:** A virtual class that combines MMA techniques with high-intensity cardio. A fast-paced and high-energy workout that is fun and addicting!
- **KickStrength:** A fusion of kickboxing and strength combined into one virtual class format! High-energy MMA style kickboxing with muscle endurance into one hard-hitting movement explosion. (Preferred equipment: light weights, bands, ankle weights)
- **T.F.I.T.:** Targeted Functional Integrated Training (TFIT) brings you functional movements in a virtual format with very minimal equipment. Join us for a total body, fat-burning, and muscular endurance experience! (Preferred equipment: weights, bands, ankle weights, bench or something similar)

