

COMING SOON! MARCH 12TH



Hip Hop Fit Mix

You don't have to be a professional dancer to get a great workout. All levels are encouraged to join us every Saturday 11:00 am in the Group Exercise Studio. Class will be lead by our very own Windy Farr.

Trendy style hip hop workout done to hip, upbeat dance tunes. Isolation and coordination exercises along with hip hop linking steps, additional floor stretch and conditioning exercises. A funky Hip hop dance routine fused with Pop, Jazz and Contemporary dance moves taught in every class.

You will burn calories while you find your inner groove! You will also get increased energy, conditioning, and a confidence boost.

