

Club Physical Virtual Class Descriptions:

Cardio/High Impact:

Aerobic Burn (20 mins) - Your trainer takes you through a beginner style aerobic class - working through cardio and dance movements to improve conditioning, coordination, and overall cardiovascular function.

AthletiCore – (27 Mins) Beginner –

Bodylicious Express – (27 Mins) Beginner: Set on long island beach, the trainer will push you with aerobic moves, lunges, and crunches. After the workout you will feel the benefit for your stomach, legs, and butt!

30-Minute Bodyweight HIIT Burner (30 Mins) - Your trainer will take you through a range of bodyweight movements with Strength, Cardio and Core included.

30-Minute HIIT Bodyweight Blast (30 Mins) - Your trainer takes you through a short, sharp and effective routine. This class includes a combo of bodyweight Strength, Cardio, and Plyometrics in each circuit.

Bodytoning (45mins) Intermediate: Designed to build strength, endurance and balance from the inside out. Using body weight resistance you will get a full body workout.

Bootcamp (30 Mins) - James 'the beast' pushes you to your limit with explosive bodyweight exercises from prison squats and mountain climbers; to spiderman pushups. This is a high intensity full body bodyweight workout.

BoxxHIIT30 - Full body (30 Mins) - Shadow boxing paired with HIIT movements to get your brain and body working. Learn boxing combinations and feel like a champion while doing it!

BoxxKICK30 - Full Body (30 Mins) - Your trainers combine MMA rounds with HIIT exercises to get your full body moving. Bring on that knockout power!

Burning HIIT Cardio (30 Mins) - A bodyweight workout with beginners to advance exercise variations. Get your heart rate up and body moving!

Cardio-Kickboxing and Core (30 mins) - Coach Natalie takes you through some cardio kickboxing inspired movements, paired with martial arts core exercises.

Fight Challenge – (28 Mins) Advanced: James 'The Beast' – The punching and kicking techniques of this fighting workout will challenge you. Explosive pushups and serious striking combinations to push you to your limit!

Fight React and Recover (27mins) Everyone – Cardio conditioning, strength and stability with lower body kicks. You are led through the importance of intentional recovery.

Get in Shape Boxing (30mins) Intermediate: The best exercises from boxing and other martial arts, designed to give you a tough and sweaty workout.

High Intensity Plyo (30mins) Advanced: Ramp up your heart beat in his interval class that will push your limits and leave you feeling energized.

Interval Blast (30mins) Everyone – A quick workout designed to get your body working and burning those calories

Kick it! (56mins) Advanced: Your fitness will be put to the test with martial arts moves combined with effective strengthening exercises. Use kicks and punches to defeat an imaginary enemy.

Mama Cardio Burn (30mins) Everyone -Suitable for Pre Natal. Bounce free interval training. Get the endurance you'll need for delivery and post baby.

Muay Thai (18mins) Beginner: Get the basics right. If you're new to Thai boxing then this session is a must. Christ will put you through your paces while working on the basics.

Niagara Cardio (30mins) Everyone – Get your heart rate up with Simple and Easy moves to follow

Power Step Express (30 mins)- Functional, athletic, and time-efficient training. Working on your cardio, strength, balance, and agility through multi-plane step and floor patterns. Strengthening legs and glutes, whilst upping your heart rate and coordination with step routines.

Pushup Workout – (12mins) Intermediate – A challenging workout. Learn how to do a variety of push variations to strengthen your shoulders and core.

Rock 'em, sock 'em, Kickbox (48mins) Advanced: Cardio based punching and kicking drills and kickbox blasts keeps you sweating throughout.

Sport Step – (30min) everyone – Metabolic Resistance Training. Designed to strengthen and tone the legs in every plane of motion. No fancy footwork, just you and the step.

Step Up Miami/Downtown LA (25 mins) - These classes have dynamic step routines and a motivational trainer. Beginning with basic steps to improve your coordination, while knee repeaters increase your heart rate and endurance - aims to strengthen your glutes and leg strength.

Dance Cardio:

Aerobics (30 mins) - Enjoy this modernized, upbeat, and cardio based workout. Inspired aerobic movements for total body conditioning and coordination.

Around the world (27mins) Everyone – Enjoy some ethnic dynamic movements from different corners of the world.

Ballet Fit – (27 Mins) Beginner -A combination of standard ballet poses and movements from Pilates. No previous experience necessary for this workout! This workout will strengthen your posture and tone and sculpt your figure.

Dance/Cardio (27mins) everyone: Perform Aerobic moves with a funky twist. Get ready to shake a shimmy.

Fitness Dance – (45mins) – Beginner: Dance routines inspired by latin flare, mambas and chachas. The focus is on having fun while burning off those calories

Jamaican Dance – (26mins) Beginner: A nonstop dance party! Swing your hips to hot Jamaican rhythms while improving your stamina and co-ordination.

Move It - Hip Hop – (28 Mins) Beginner - Move your entire body to casual beats and improve your endurance. Fast high energy dance moves from the Miami punch to the kickball slide. A routine that you will get the hang of in no time at all.

Movez Dance –(47mins) Beginner- Street dance styles in aerobic fitness class.

Salsa'd (30mins) Beginner: A fun and dances based fitness, which takes you through the basic salsa steps.

Zumba Basics – (Approx. 30 Mins) Each Class is based around a particular dance style – from Brazilian, to meringue, to belly dancing – suitable for everyone!

Low Impact:

Abs and Core Burnout – (16 Mins) Intermediate – A fun and effective workout that can be stand alone or used as part of your usual workout. Get your abs tighter and your core stronger!

All the way up – (27min) Beginner: Starting with a short meditation this workout needs no equipment, and you have no excuse not to check it out.

Barre – (30 Mins) Intermediate – Sculpt, lengthen and tone with this non-stop Barre routine. Barre class is named for the primary piece of equipment: the bar. Barre blends elements from different exercise styles including Ballet, Pilates, and Yoga.

Cardio Basic (29 Mins) Everyone – A high intensity, low impact

Coremageddon (32mins) Intermediate: Strengthen that core with this class aimed at building heat and stability

DB365 Mobility (30mins) Everyone – Tune up your whole body with this mobility focused low impact workout. 3 Circuits, 2 rounds each.

Deep Stretch Yoga Flow – (26 Min) Intermediate – In this class you'll flow through a sequence of postures while connecting breath to movement. Then you'll finish the session with some feel good stretches, perfect to center yourself for the day ahead.

Effective Pilates – (30-45 Mins) Beginner – Intermediate: Learn how to use your strength, flexibility, and endurance around your spine using the muscles of your core. The whole body is activated, and you will feel your core.

Flow - Mobility Stretch – (16 Mins) Beginner – This class focuses on mobility (with a sprinkle of core work) that will help your muscles recover.

Just Relax – (25 Min) Beginner – A combination of Yoga, Stretching and Mobilization exercises to activate your deep muscles, improve mobility, and give you a completely new physical feeling.

Killer Buns and Thighs – (42mins) Intermediate: Filled with exercises to tone and shape buns and thighs

Lower body Barre – (22 Mins) Intermediate – Through a series of low impact standing exercises and floor work, you'll strengthen, lengthen and tone every muscle in your lower body.

Morning Yoga (25mins) Intermediate:

Mobility and Balance (28mins) Beginner: On the Florida coast, you can remove harmful imbalances from your body and restore full mobility. You will activate your deep muscles and improve your posture. Some single leg work.

Mobility Yoga – (50 Mins) – Everyone – Release your joint and muscle tension with this workout. This session is perfect for those well-deserved recovery days.

Physio Pilates – (34mins) Intermediate: Led by a physio-based Pilates instructor to help alleviate any back pain and strengthen your deepest core muscles.

Pilates – (45 Mins) Beginner – Strength and mobility to awaken your body. In this class you'll access strength, balance, action and most importantly body confidence.

Pilates 101 workout – (20 Mins) Beginner – You are guided through a session that is designed to get you moving while building a solid foundation that strengthens your core.

Pilates Basic full body workout – (27 Mins)- Everyone – This basics workout warms up the breath, spine, abdominal wall, and pelvic floor muscles. Beginner exercises are taught with Core power and alignment.

Pure Pilates – (54 Mins) Beginner – The focus is on strength, stretching and conscious breathing. This will help you improve your posture, increase your mobility and reduce your stress levels.

Steady Flow Yoga (35mins) beginner: Take your time in this well rounded class aimed at helping you connect to your breath.

Strength Open Yoga (30mins) Intermediate – Total body workout that target main muscle groups. Blast your way through your lower body, upper body and core!

Stretching – 40mins – Everyone: Combat stress and tension by stretching your entire body and relaxing your mind

Time to move – (32mins) Intermediate – Get your blood flowing with this practice aimed at keeping you moving through the movements. Prop: Blanket or Towel.

Twisting Detox (30mins)– Yoga inspired heat building sequence to wring yourself out.

Willow (56mins) Everyone – A combination Meditation and Interval training workout based around fundamental well-being. Willow's easy to learn meditation techniques paired with a variety of fun intervals and Tabata's is a fun and energizing class.

Yoga 1 – 47mins – Beginner: An introduction to YOGA designed to improve your flexibility and enhance movement in everyday life.

Yoga Basics 2 – (26 Min) Beginner – An introduction to Vinyasa Yoga. This style shows you how to use your breath to go from posture to posture at a gentle pace with clear and easy to understand instruction. Perfect for beginners or anything who wants a smooth, calming and gentle practice

Yoga Full body Flow – (36 Min) Everyone – Jake Ferree will be leading you through a full body practice that places special emphasis on opening the shoulders.

Yoga Spirits – (25 Mins) – Beginner – This full body workout takes place in the California desert and includes Sun Salutations -a practice in yoga incorporating a flow sequence of twelve gracefully linked asanas that activate body and mind.

Yin Yoga – (30 Mins) Beginner – This is a perfect complement to all of your workouts as it unloads tension and the demands that have been put on your body

Yoga Vinyasa – (50mins) Beginner- This Yoga flows through its movements, focusing on the relaxing power of asanas. Take a deep breathe and feel how uttanasana and parivrtta parsvakonasana strengthen your muscles and improve your mobility.

Yogilates (45mins) Beginner: A variety of Yoga poses, core training and breathing techniques combined with a basic intro to Pilates, Core, leg and arm workouts.