

FORMAT	BEGINNER FRIENDLY	FOOTWEAR	CLASS TYPE	FITNESS FOCUS	MAX CLASS SIZE	FLOOR WORK Standing Modifications Are Always Provided as Needed 😊	EQUIPMENT USED	INTENSITY SCALE ★ Gentle ★★ Moderate ★★★ Challenging
BLAST 🚀	Yes!	Athletic Shoes	Cardio + Strength	Everyday Strength + Mobility	16	Yes	Mat, Bands, Weights, Yoga Balls	★★
BURN 🔥	Yes!	Athletic Shoes	Strength	Building Strength Over Time	16	Yes	Mat, Bands, Weights, Yoga Balls	★★★
BREATHE 🌿	Yes!	Socks	Strength + Recovery	Stress Relief + Recovery	16	Yes	Mat, Bands, Yoga Balls + Blocks, Stretching Straps	★
BARRE 🩰	Yes!	Socks	Muscular Endurance	Stability + Endurance	12	Yes	Ballet Barre, Mat, Light Weights, Bands, Yoga Balls + Blocks, Stretching Straps	★★
PUMPED UP 🏋️	Yes!	Athletic Shoes	Strength	Building Strength Over Time	16	Yes	Mat, Weights	★★★
PILATES 🎯	Yes!	Socks	Endurance + Recovery	Core Support + Stability	16	Yes	Mat, Bands, Yoga Balls + Blocks	★★
TOTAL BODY WORKOUT ✅	Yes!	Athletic Shoes	Strength	Building Strength Over Time	16	Yes	Mat, Bands, Weights	★★★
CARDIO SCULPT 🦸	Yes!	Athletic Shoes	Dance Fitness + Strength	Cardio Without the Crash	16	Sometimes	Mat, Bands, Weights	★★
CARDIO SCULPT LOW 👟	Yes!	Athletic Shoes	Low Impact Dance Fitness + Strength	Joint-Friendly Cardio + Everyday Strength	16	Sometimes	Mat, Weights	★
CARDIO + STRETCH 🤸	Yes!	Athletic Shoes	Dance Fitness + Recovery	Mobility + Recovery	16	Yes	Mat	★
POWER SCULPT ⚡	Yes!	Athletic Shoes	Interval Cardio + Strength	High Intensity Interval Training	16	Sometimes	Mat, Bands, Weights	★★★
VITAL SCULPT ❤️	Yes!	Athletic Shoes	Interval Cardio + Strength	High Intensity Interval Training + Vitality	16	Yes	Mat, Weights	★★★
SCULPT 🛠️	Yes!	Athletic Shoes	Strength	Everyday Strength + Stability	16	Sometimes	Mat, Bands, Weights	★★