

- » **Optimum Burn** - This is our signature high energy, calorie torching HIIT class combining cardio, weights, bands and core exercises.
- » **Barre/Heated Barre** - Barre combines ballet inspired moves with elements of Pilates, yoga and strength training. This class will focus on high reps of small range of movements working those intricate muscle groups for a total body burn.
- » **Heated Power Yoga** - A dynamic mix of flow sequences and poses in a heated room to loosen muscles, sweat out toxins, build strength and increase flexibility.
- » **Yoga Flow** - This style of yoga will focus on transitions and movements with less time in stationary poses. It is an ideal class for functional recovery or another layer of vitality to any athlete's performance and discipline.
- » **Burn N Flow** - Burn N Flow is upping the yoga flow game with an element of toning. Core, cardio, props to add strength and focus to a flow yoga class. Burn it, flow it, relax it.
- » **Booty N Core** - Target these specific muscle groups that are usually ignored. You will work on building your glutes and strengthening your core while increasing athletic performance.
- » **Groove N Tone** - This is an aerobic workout focused on endurance and toning while having fun, breaking a sweat and moving to the music.
- » **Mat Pilates** - A challenging total-body workout inspired by traditional Pilates techniques working breath, alignment of spine, core strength and developing balanced muscles.
- » **StepBox Blast** - This high energy class combines step aerobics, kickboxing and strength training for a full body workout.
- » **Cardio Hip-Hop** - This high energy class combines step aerobics, kickboxing and strength training for a full body workout.
- » **Beginner Yoga and Meditation** - This class promotes relaxation and offers powerful healing properties. The sound of the bowls will stimulate the brain allowing for stress relief, elimination of toxins from the body, improved sleep and many other benefits.

PREMIER CLASSES

- » **Adult Performance** - This class allows you to step inside the sports performance center, which creates a high intensity competitive atmosphere. Unlock your inner athlete and train with a certified performance coach who will push you to your limits through strength training and cardio sessions.
- » **Cycle** - Escape the everyday grind with this party on a bike workout. We are offering power and beat rides in a state-of-the-art studio featuring high energy music and lights. Set your goals and track them through personal data tracking. Take your ride to the next level with us!

Visit OptimumPerformanceSports.com for full schedule!