



REBEL X GROUP FITNESS

CLASS LIST & DESCRIPTIONS

Ballet Barre

A low impact workout that will work on flexibility as well as strength to help prevent muscle imbalances and prevent injuries through a combination of ballet and barre movements and challenging enough to feel accomplished, grow your own healing practice for the mind and body!

Beginner Circuit Training (Cardio Strength)

Come workout with us and develop strength, aerobic and anaerobic endurance, flexibility and coordination all in one class! This class will consist of a series of exercises/workout stations in succession in order to improve your strength and cardio fitness.

BodyFit (Cardio Strength)

BodyFit is a high-energy, total body workout that combines aerobic movements like running, lunging and jumping with strength exercises such as push-ups and squats. You will increase your cardiovascular endurance, build stamina and improve your coordination and agility. All fitness levels welcome to burn calories and tone up!

Body Pump

This workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. Training focuses on high repetition movements with low weight loads to help you achieve strength and introduce lean body muscle conditioning.

Bootcamp

Maximize your potential with high intensity, challenging and dynamic movement. Bootcamp will challenge you to push your limits and exceed your expectations. A class made for anyone wanting to improve cardiovascular endurance, strength, and agility. Get ready to give it your all! All levels encouraged!

Booty Bootcamp

Booty Bootcamp is a class where you can build nice/firm glutes and give your body balance by strengthening your core, glutes, hamstrings, and lower back.



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Boxing

This class will focus on boxing techniques and drills, along with full body workouts including moderate to intense, cardio conditioning and finishing up with modified versions of push-ups and sit-ups.

Break-In' (Dance)

This a mixed choreography class whose foundation derives from breakin' but will also have vocabulary from various other street dances. The purpose of this class is to learn high energy choreography that will help you learn basic rhythms, vocabulary, and help you build self-confidence.

Buti Yoga

Explosive movements, a quick pace, killer ab sequences, and a lot of upbeat music - there's nothing dainty about this practice! The infectious group energy, filled with lots of movement, will carry you through the experience. Buti yoga follows the lead of many cultures - such as Native American and African tribes, that have dance rituals using hip and pelvic spiraling. In Buti, you'll sweat with intention, seeking both physical and emotional benefits. Approachable for all-levels.

Cardio Sculpt (Cardio Strength)

This fun class will combines cardio exercises with muscle sculpting exercises! Equipment like weights, barbells and bands will be used. This class will improve your cardio and strength fitness!

Core

A strong body starts with a strong core! This express workout stabilizes and strengthens the key core muscles needed for all physical activities. Your abs will be their best!

HIIT

Come ready to sweat! The primary focus of HIIT is short, intense bouts of exercise. HIIT combines many modes of training to confuse the muscles and help you break through plateaus and boost your energy. Sessions will enhance muscular strength and definition while maximizing caloric expenditure. Take your fitness to the next level!



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HIIT Circuit

Come get the most effective full body workout that can be fully customized to all fitness levels. The class is set up with 2 minute intervals at stations around the room using an array of equipment - free weights, body bars, stability balls, BOSU balls, resistance bands, medicine balls and more!

Hip Hop

Learn a piece of choreography to develop rhythm, coordination, and musicality. Classes will encourage students to step outside of the box by bringing their own individual style and personality to the movements. All levels are welcome, and no judgment is required.

Inversions (Mind and Body)

Get ready to get upside-down in this class! Inversions are acrobatic poses where the heart is higher from the ground than the head. Students will learn the techniques of arm-balancing, headstands and handstands in this fun introductory acrobatic inversions class! We will build a foundation of the specific types of flexibility and strength that are necessary in order to maintain inversions.

Jiu Jitsu (Martial Arts)

Come learn simple and effective techniques that will empower you with the escape, defensive, and offensive techniques needed to prevent someone from harming you. This sport will work on your strength, endurance, balance, coordination and more!

Judo

A martial art that teaches throwing and grappling. You will learn self-defense along with self-confidence. We have all levels starting from beginner to national champion. All are welcome, come join us today!

Latin Ballroom (Dance)

This class will teach you some of the styles of dancing that come Latin America. It will focus on understanding the dances as social dances and learn how to apply them with a partner.



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Meditation

With the hustle and bustle of daily life, this 50 minute guided meditation invites you to unplug and take a breather. Different aspects may be explored from breath work to centering yourself.

MixedFit®

A people-inspired fitness program that is a mix of explosive dancing and boot camp toning. Everything about our dance fitness program can be described as explosive – all of our movements are big, exaggerated, full-out, and our very best. We dance to our favorite songs on the radio that we would dance to at a nightclub. Then, we spice things up by adding boot camp-inspired exercises to make your workout more effective and challenging. If you're plateauing in your traditional dance fitness class, this might be the answer to your prayers.

Moves and Grooves

A hip hop dance choreography class focusing on loosening up and grooving, connecting the mind to body by actively listening, and being aware of your muscles and joints in time and space to feel the music and beats flow through your whole body.

Pilates (Strength/Sculpting)

Pilates is a body conditioning class that enhances mind/body awareness, improves muscle tone, builds flexibility and muscle strength, as well as increases endurance in the legs, abs, arms, hips, and back. Exercises are performed on a mat or with equipment such as stability ball, small ball and/or TheraBand. All fitness levels are welcome.

Rhythm Ride

Synchronizing to the beat, this high energy spin class is guaranteed to make you sweat! Get the best out of your lunch break and have fun every minute of this 45 minute class.

Rhythm Step

Step to the beat and get your sweat on with this high energy step class. This class uses a height-adjustable step and simple movements on, over, and around the step to improve cardiovascular and muscular endurance, as well as coordination and agility.



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Salute the Glutes

Salute the Glutes is a class that aims to lift, shape, and tone your glutes (aka butt muscles). Utilizing multi-joint moves like lunges, squats, and other isolated exercises, you will burn off undesirable fat and ultimately shape the muscles in your glutes

Shallow/deep water

This class is designed for all fitness levels incorporating High Intensity Interval Training in both the shallow water and deep water (with the use of a belt). The water will challenge and improve your cardiovascular endurance, motor skills, and balance in a motivational and fun environment. This is not your "mother's" water class!

Spin

This class is designed to incorporate High intensity interval training and various cycling methods to improve cardiovascular endurance, strength, and mental toughness in a motivational and fun environment. No burn, no earn!

Tai Chi

Tai Chi is a series of gentle exercises for harmonizing the body, mind, and spirit. It increases levels of relaxation and flexibility, strengthens bones, lubricates joints, and gives a feeling of overall well-being. The slow flowing deliberate movements increases awareness, focus and concentration and is often referred to as moving meditation. Regular practice improves posture, balance, circulation, alertness, and brain function and increases the amount of energy stored in the body for more vitality and better quality of life.

Taekwondo

Kick off your night with some hard work! Taekwondo is a Korean martial art that embodies dedication, determination, and excellence to bring people's awareness to their physical being and surpass their limits.

Total Body (Strength and Sculpt)

Full body toning workout in this freestyle format class. This full body workout will go through high repetition movement and will use body bars, barbells, dumbbells and more. All instructors will bring their own style and all levels of fitness are welcome!



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Trim N Tone

Tone your whole body with a mix of strength and cardio intervals. The perfect workout for anyone looking for functional training and all around conditioning. No two classes are ever the same! All levels welcome.

Yoga

Our yoga classes offer a variety of different styles, allowing you to unwind and recharge. Instructors will guide you through a series of poses, helping to synchronize your breath and cultivate body awareness. Check out our amazing instructors and see which practice is best for you!

Yoga Bliss (Mind and Body)

Unwind and recharge with a beginner-friendly and expressive style focused on breath work and intuitive movement. All levels welcome!

Zumba

This class combines Latin and international music with dance to make exercise fun. Aerobic interval training with a combination of rhythms that tone and sculpt the body.